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SPECIAL EatingWell EDITION

SALADS!

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WHY WE LOVE SALADS

They're delicious, easy, endlessly customizable—and good for us too.

BY COURTNEY MIFSUD INTREGLIA

With crunchy cucumbers, sweet tomatoes and briny olives, the lettuce-free *horiatiki* is a staple in Greece. In Myanmar, *lahpet thoke* involves mixing earthy fermented tea leaves with dry-roasted peanuts, fragrant spices and a garlicky dressing. On Christmas Eve, families throughout Mexico pair a large turkey or pork roast with the visually striking *ensalada nochebuena*. While the exact recipe varies, this vibrant dish involves in-season fruits and vegetables, such as beets and apples, layered together with sprinkles of nuts and seeds, all coated in a zesty dressing.

Salads are the ultimate blank-canvas meal. Fresh vegetables, crisp greens, savory proteins, crunchy toppings and flavorful dressings are endlessly customizable elements, creatively combined across cultures and cuisines. There are also science-backed reasons to love salad—they're packed with good-for-you vitamins and nutrients that can stave off disease. Here are some of the reasons you should consider a leafy salad for your next meal.

More Fruits and Vegetables

Only 10 percent of Americans eat the recommended five cups of vegetables and fruits per day. If you're in the other 90 percent, try making salads.

Research including a 2021 study published in *Circulation* found that eating lots of produce can help you live longer by preventing or delaying the onset of chronic diseases such as heart disease and certain cancers. Leafy greens such as spinach and kale are particularly nutrient-packed, and since most salads begin with a base of greens, they are the perfect convenient way to pile on the veggies and reap their many benefits.

A 2024 review published in *Foods* examined how salad consumption affected participants' overall health. The review showed that as vegetable and salad intake increased, the risk of coronary artery disease decreased. The authors noted that consumption of 300 grams of vegetables a day was found to reduce the risk of coronary disease by 20 percent. A salad that starts with two cups of greens equals about 150 grams of vegetables. Add some roasted cauliflower, crunchy carrot ribbons and zesty onions, and you're well on your way to meeting that daily goal in just one hearty meal.

Fiber Fuel

Getting enough fiber has been linked with lower disease risk, specifically diabetes, heart disease and certain cancers. The Dietary Reference Intakes recommend about 25 grams of fiber for women and 38 grams for men, depending on age—amounts that only 5 percent of Americans meet. Salads are a great way to meet your fiber goals.

A 2022 review in *Antioxidants* showed that when polyphenols from food reach gut microbes, these nutrients modify the microflora and have antioxidant and antimicrobial properties. An estimated

+
Vegetarian Chopped Power Salad with Creamy Cilantro Dressing at eatingwell.com/powersalad

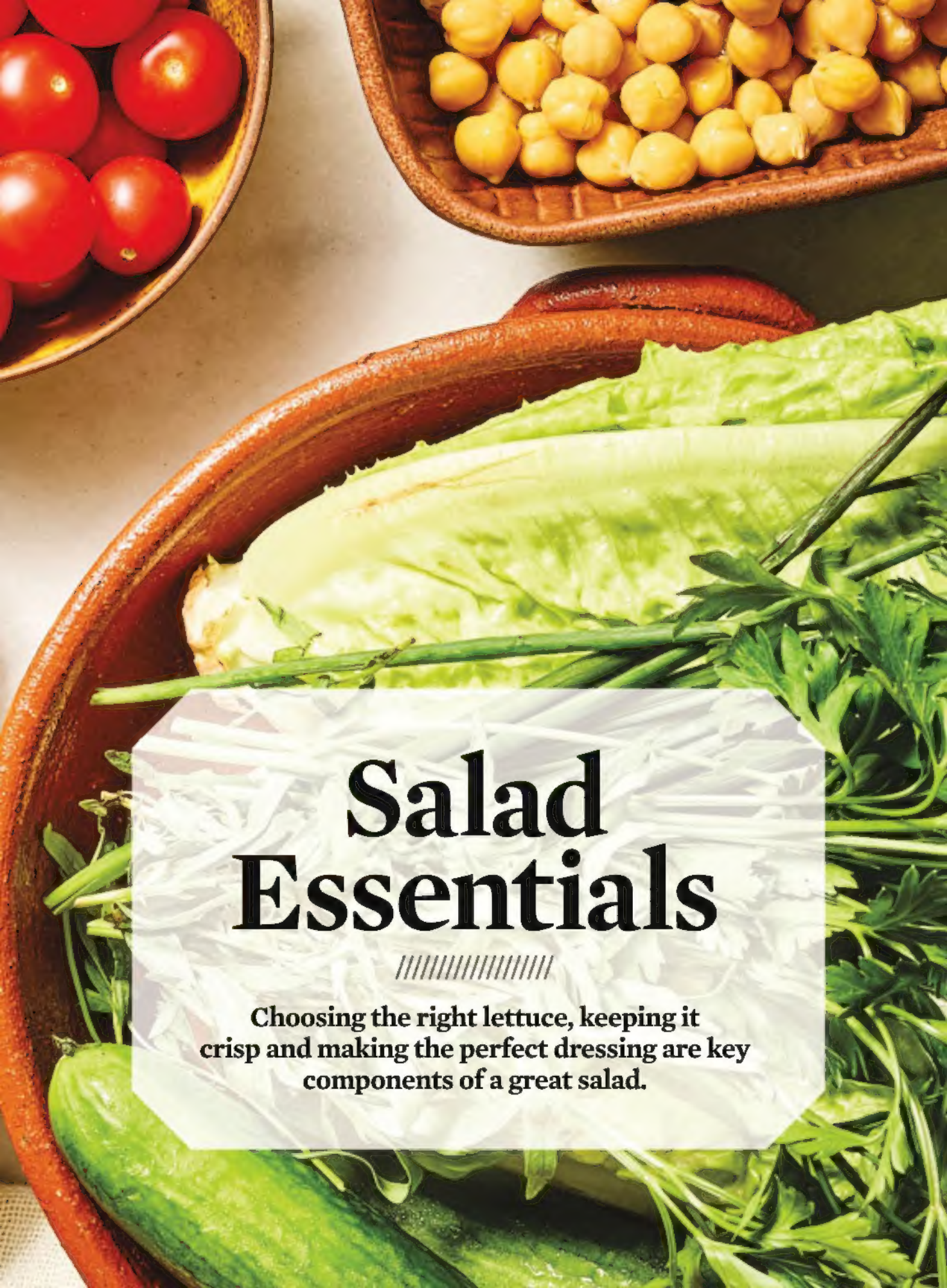
70 to 80 percent of your immune system is located in your gut, and, according to a 2021 study published in *Nutrients,* these healthy microbes can act as sentinels, keeping harmful intruders such as viruses, infections and even allergens at bay.

To amp up your fiber intake, try hearty kale as a salad base. Most of its fiber is insouble, which is especially beneficial for preventing or managing constipaion. If kale isn't your thing, consider tossing your salad greens with other fiber-rich produce. Marinated artichoke hearts, roasted Brussels sprouts, sweet potatoes, green peas, berries and apples are all delicious additions. You can even sprinkle a tablespoon of flaxseeds or pepitas on your salad for a fiber bump.

A Creative Canvas

Keep in mind that your salads don't need to fit any particular mold. Try tossing large spinach leaves with a warm dressing—such as still-hot bacon fat mixed with maple syrup—for a savory salad to serve alongside roast chicken. Like the Greek *horiatiki,* some salads don't contain greens at all. *EatingWell*'s most popular salad recipe (on page 77) fetures thinly sliced raw cucumbers blended with a creamy cottage-cheese dressing to serve as a delightfully cooling and satisfying side dish.

Getting creative with your salads will keep you coming back for more. This special edition is rich with the nutritional know-how and healthy, delicious recipes to add to your weekly menu. ●



Salad Essentials

Choosing the right lettuce, keeping it crisp and making the perfect dressing are key components of a great salad.

THE GREATEST GREENS

Crunchy iceberg and romaine are endlessly versatile. Endive and radicchio are delightfully sharp and bitter. Discover the varied world of salad greens.

BY SU-JIT LIN
Reviewed by dietitian Emily Lachtrupp, M.S., RD

I remember a time when ordering a salad meant you got roughly cut iceberg lettuce leaves, a little red cabbage for color and some shredded carrots. A fancier "house salad" might include cucumbers, tomatoes, red onions and croutons. Or maybe you would order something that passed for a Caesar salad: romaine lettuce tossed with some kind of creamy dressing and croutons, crowned with a mound of grated Parmesan cheese.

Fortunately, those times are gone. As Americans have become savvier consumers demanding more from their dining-out experiences, our salad selections have become more varied, and I couldn't be more thrilled. In particular, our options for leafy greens have gone beyond iceberg and romaine, and not only in terms of what you'll find at farmers markets, but at grocery stores too.

Salad greens are loaded with nutrients such as vitamins A, C, K and folate, which help improve blood clotting, build strong bones and support a healthy immune system. Greens are also high in antioxidants, which offer health benefits including reducing inflammation and removing free radicals from the body to reduce cell damage, and may even play a role in lowering the risk of dementia as we age. Plus, eating salads frequently can help you get your five servings of produce a day, deliciously.

Iceberg Lettuce

Iceberg gets an undeserved bad rap as being the most basic of all lettuces and low on nutritive value. But that's pretty unfair—classics are classics for a reason! Iceberg lettuce is as mild, refreshing and cooling as it sounds, with a high water content that comes through in its flavor. Charis Neves,

Winter Wedge Salad at eatingwell.com/winterwedge

VP of product and innovation for fruit and vegetable producer Taylor Farms in Salinas, California, says iceberg "adds crunch to garden salads and helps dilute spicy toppings and dressings, like Buffalo sauce." The outer leaves are big and flexible, great for wrapping burgers and sandwiches, but they get sturdier the deeper into the head you go. These inner leaves are well suited to be used as lettuce cups. Iceberg is the lettuce of choice to make a wedge salad, and it shreds nicely to top tacos, burrito bowls and sandwiches.

Romaine Lettuce

"One of the most commonly used lettuce varieties, romaine is known for its crisp texture and sweet flavor," says Tanya Merrill, VP of growing and research and development at Little Leaf Farms in Devens, Massachusetts. Neves agrees, adding, "Its crisp, dark green leaves are the powerhouse of salads—they have such a mild flavor and enough water content that the crispness pairs well with any dressing, from creamy to vinaigrette."

Romaine is recognizable by its oblong shape and is often sold whole, complete with several rows of large, fluffy outer leaves, or as the popular multipack of stripped-down romaine hearts. (Romaine hearts contain only the crunchier inner leaves.) This easily separable structure makes them ideal for using as lettuce boats for chicken salad or tuna salad. Romaine is also sturdy enough to hold up on the grill.

Butterhead Lettuce

"Many assume that the name refers to a buttery flavor, but it's actually used to describe the silky-soft texture of the leaves," says Merrill. Within the butterhead variety, you'll find Boston, Bibb and butter lettuces. All of them open up like glossy green rosettes and have easily separated, tender and wavy cupped leaves. These leaves are smooth with a soft crunch that stays uniform throughout. Boston is the biggest of the three types and may have a tinge of deep red to its leaves, making it even prettier. Bibb tends to be a bit lighter and more compact.

Butter lettuce can also be multicolored; the variety called Scarlett is gorgeous, with maroon edges on vivid green leaves surrounding creamy white centers. Its shape and silkiness positions butterhead lettuce well to be used as lettuce cups for dishes like vegetarian larb or lettuce wraps.

Little Gem

This type of lettuce is as adorable as its name sounds. It's also commonly referred to as baby romaine lettuce, but that is a misnomer, since it is full grown despite its seemingly miniature form. It's noticeably squat compared to its elongated cousin and has a good leaf density that makes each Little Gem look slightly fat. It's a little more buttery than romaine, too, but it's similarly crisp, sturdy, naturally slightly sweet and typically sold in multipacks. You can also find the leaves already separated and trimmed in clamshells.

For the most part, you can use Little Gem any way you would romaine. Some people toss the smaller heads whole into a salad or use the leaves as carriers for chicken or egg salad.

Loose Leaf Lettuce

For texture, fluff and volume, it's hard to beat loose leaf lettuces. They come in so many colors—green loose leaf lettuces, red loose leaf lettuces (such as the stunning lollo rosso) and oak leaf lettuces—and all are gorgeous.

Just as the name implies, loose leaf lettuces don't grow in tight heads, which makes them tremendously easy to separate for single-leaf usage, such as in sandwiches. Each head and leaf is fan-shaped and floats out from the central stalk in flowing ruffled leaves. The green loose leaf lettuce tends to have the most dramatic frills, along with the lollo rosso, sometimes referred to as coral lettuce (a subvariety known for its tighter curls). On the other hand, the colorful oak leaf variety has serrated leaves and starts as a semi-tight rosette before branching out into a loose top.

Loose leaf lettuces taste a little nutty, with a hint of earthiness that underpins their refreshing notes. Their texture is tender through the leaf, chewy at the frills and more crisp toward the center. Despite that, these varieties are more delicate than many other lettuces and bruise easily, so be careful not to handle them too roughly. Hand-tearing is the best way to break down a loose leaf lettuce for salads. Using the leaves whole is perfect for working into summer rolls or lining steamer baskets to prevent sticking when cooking dumplings.

Mesclun

Mesclun (also called spring mix) has become as common as iceberg and romaine used to be, and I am here for it. Typically packaged in plastic bags or clear plastic clamshells, this mix of salad greens takes a lot of the work out of selecting your lettuce. It's a medley of many of them, "essentially combinations of baby lettuces and other greens," says Neves. Traditional mesclun typically had chervil, arugula and various baby lettuce leaves and endives or young frisée. Today, you'll find fun and colorful leaves of varying tastes and textures, such as green and red romaine, green and red loose leaf, baby spinach, radicchio, mizuna, red and green mustard, red chard, kale, tatsoi and even immature radicchio, balanced to create a half sweet/mild and half bitter/peppery profile.

As Americans have become savvier, demanding more from their dining-out experiences, our salad selections have become more varied.

Arugula

Since we've eased out of true lettuces with mesclun, let's next get into arugula—specifically baby arugula, as this is what's most often used for salads.

Arugula is actually a member of the brassica family, so it's more closely related to broccoli and collard greens than to lettuce. This clearly defined, oak leaf–shaped green with deeply lobed edges has become incredibly popular, wielding the power to punch up any dish with peppery pungency without a single peppercorn. Neves describes it as "light with a delicate, peppery, lemonlike finish."

According to Merrill, "While it has a more delicate and feathery texture than mature arugula, baby arugula can stand up quite well to creamy sauces and vinegar-based dressings. Sprinkle a few leaves over eggs to add some greenery and spice to your breakfast."

Baby Spinach

Baby spinach is known to make appearances in spring mix, but it's popular enough to be sold and eaten on its own. Unlike mature spinach, which is primarily used for cooking, you won't find the baby form floating around in bunches. Baby spinach is usually sold in bags or plastic clamshells alongside arugula and mesclun.

Baby spinach tends to be a deep, vibrant green with a pliable, soft, velvety texture to the leaves and shallow veins that lead down to succulent stems. The flavor is mildly earthy and vegetal, with hints of sweetness and nuttiness. It's delicious in salads or cooked, and you can also blend the leaves into smoothies for a dose of folate.

Radicchio

Radicchio comes in two shapes—spherical and torpedo. It's often in salad greens blends, yet it's never green. And while it's densely layered and crunchy like a crisphead lettuce or a cabbage, it's actually a member of the chicory family.

Radicchio is dramatically hued, with variegated dark burgundy leaves that extend from contrasting white ribs. Tightly layered as they are, the leaves are easily separated into smooth, structured cups with ridged edges. Like any chicory, radicchio is bitter. However, it also has a velvety quality that balances out its natural spiciness.

Endive

This extremely diverse group of chicories includes Belgian endive, curly endive and frisée. Curly endive is what you'll often find in salad greens. It grows loose and lacy like loose leaf lettuce, with dark green and distinctively bitter leaves on the outer layers before mellowing into more delicate, lightly sweet and considerably milder leaves toward its compact off-white heart.

Now, here's where it gets twisty: when frisée enters the chat. This shaggy, bushy, stringy and crisp salad green is also sometimes called curly endive or, generically, chicory. (And in the U.K., it's just called endive.) No matter what it's called, frisée is fantastic, slightly bitter but milder than its relatives. It's green at the ends, but as you follow it down to the stem, it fades to pale yellow in a lovely ombre.

Then there's the Belgian endive, a cream and butter-yellow, densely packed, torpedo-shaped little head that's grown in the dark. This popular gourmet green is botanically classified as a cultivated variety of chicory, and it has all the bitterness we love of any veggie from that family. It's common to peel off individual leaves to use as little boats to make canapés with strong cheeses or to scoop up rich dips such as crab or artichoke.

Escarole

Another member of the chicory family, escarole is often mistaken for frisée or curly endive. While it shares a similar leaf shape, slight bitterness, and crunchiness with frisée, it's significantly bigger and grows in a different bundle shape. Heads of escarole look similar to loose leaf lettuce. Their color graduates upward from pale to dark green, with leaves that are loose, broad and only slightly curly. The darker the hue, the more bitter you can expect that bite to taste. Escarole is more commonly used in soups and braises than in salads, and unlike most other leafy greens, it holds its shape and color well when cooked.

Mâche

This pretty leafy green is as precious as it looks—easily bruised and wilted, and because of its preciness and rarity, often used as an accent for other greens. You'll recognize it as a small, low-growing plant that presents with cute, clustered rosettes that are actually multiple loose layers of spoon-shaped, slightly elongated rounded leaves. These sprout from ultra-thin, tender, green stems. Mâche is bright to dark green. Some types are perfectly smooth, while others display prominent veining; sometimes the leaf edges are even, and sometimes they may be semi-toothed.

No matter how it looks, mâche tastes grassy and herbaceous, with nutty and tangy hints. Buy it with the rosettes still intact if you can, as that will protect the leaves from damage. When you rinse them, do it gently and under cold water lest they wilt. And when it comes time to eat, add the mâche to the salad right before dressing it.

Watercress

This healthy leafy green is no joke, despite its apt but silly official Latin name. Nasturtium officinale

roughly translates to "nose twister," a nod to the plant's punchy, peppery aroma. While that may not sound particularly pleasant on paper, don't be deterred. Watercress is one of the oldest known consumed leafy vegetables and among the most widely used greens in the world today—just not so much in the U S.

Tips for Selecting and Storing Lettuce

Keeping lettuce and salad greens crisp and cool is important. All it takes is one wet or rotten leaf to ruin the pack, or improper transit and temperature control to turn a new leaf old. When choosing your lettuce, always go for the brightest, most vibrant greens. For varieties such as iceberg, romaine, butterhead and Little Gem, seek out tight heads with no pink rusty streaks and minimal browning on the leaves' edges. You'll also want Belgian endives and radicchio to be tightly furled.

Loose leaf lettuces and escarole should be crisp and sturdy, not overly floppy. Avoid any with soft spots. Baby greens should be bold in color and dry. If any leaves look soggy, their days are numbered.

For most salad greens, moisture is not your friend. Whether your preferred method is using a salad spinner or air-drying individual leaves after washing, storing them wrapped in a clean paper towel in an airtight container can help prolong peak freshness. For baby greens, layering paper towels throughout the container can help absorb leaf-destroying moisture.

Our Expert Take

Sad salads are a thing of the past! Changing up your salad greens can be as transformative as a new combination of toppings, and today's markets offer so much variety in terms of salad greens that staying inside the iceberg and romaine box—delicious as they both are—is doing yourself a disservice. You can be adventurous while staying within the four main categories of crisphead, butterhead, loose leaf and romaine by trying varieties within those groups Or branch out and experiment with arugula, mâche and more. ●

Revive Wilted Lettuce and Veggies with a Simple Trick

Is your crisper drawer full of limp salad greens, bendy beans and flimsy carrots and celery? Here's how to fix your veggies so they don't go to waste.

BY KIMBERLY HOLLAND

After an afternoon at the farmers market, you arrive back home with your bounty, gaze at it in admiration and then promptly pile it into your refrigerator's crisper drawer. Five days later, when you recall the beautiful bunch of beets and crisp, fresh head of romaine you picked up, you return to your fridge to stare in horror at the sad, soggy state in which you now find your vegetables.

Even home cooks with the most well-planned menus and strategies for using up produce find themselves with a bit of extra produce on their hands from time to time. And because time passes quickly when you have fresh lettuce in your fridge, the once-beautiful leaves no longer look fit for consumption.

The good news is that many vegetables can easily be revived with something you likely have on hand: ice water. Here's how to refresh sad produce.

Trim Off the Parts You Don't Need
Cut away anything that is too wilted or not needed. For example, celery leaves may be too shriveled for resurrection, but the celery stalks can be saved. Beet greens might not be the parts you want from those beet bunches, so trim them and put them in your compost pile. Keep only what you want to revive.

Place the Produce in Ice Water
For most produce, you can submerge the food in a bucket or large bowl of ice water. Then put the container with the vegetables in the fridge to keep the water cool. Let the food soak for 15 to 30 minutes. Heartier produce, such as root vegetables, may need longer, up to one hour.

For foods with stalks, such as asparagus, broccoli and herbs, you may be able to treat them the way you would flowers: Put the ends of the produce in a jar of water and let them soak. Just be sure to trim the ends a bit to open up the cells. You may have to let them soak a bit longer, but you'll save water.

Pat Dry
You may need to rinse the food under cool running water to remove any remaining grit or dirt. Then wrap the vegetables in absorbent towels to wick away excess water. Dry individual lettuce and greens leaves thoroughly.

Use as You Normally Would
Most revived produce can be used just as you had originally planned. You may find that some of the produce contains more water than normal, but this won't affect its flavor. And even when water evaporates from the food, the nutrients and elements that are responsible for its flavor will remain. Revived produce should taste nearly identical to fresh-from-the-field food.

If you want to revive produce and save it for later, you will need to get it very dry after the water bath. Water is a breeding ground for bacteria, and your refreshed food may end up rotting before you can return to it. Use any revived produce within two days to prevent deterioration.

How Does It Work?
Water is essential to a vegetable's growth, texture and vitality. Indeed, most vegetables are more than 80 percent water by weight. When they're harvested, vegetables have a limited supply of water. When that water is

gone, the cells in the vegetables begin to collapse.

If you place the wilted produce in ice water, the cells will begin to absorb the water and replenish their parched cells. It doesn't take long, and it will help you save much of the sad and soggy produce that has languished too long in your crisper drawer.

Hearty vegetables such as carrots, beets and potatoes do very well when you use this water revitalization technique on them. It is also effective with leafy greens such as lettuce, spinach, Swiss chard, kale and even herbs. Asparagus and broccoli also respond well.

What the technique is unlikely to work with are vegetables and produce that rot quickly instead of shriveling. These include zucchini, squash, pumpkin and tomatoes.

When in doubt, you can try to revive the food with an ice-water bath. If the texture worsens or it doesn't improve, you'll be able to rule this out for future needs.

When Will It Not Work?

If you find food in your fridge that is close to rotting or already showing signs of rot, you've unfortunately reached the point of no return. Produce that is discolored or covered in dark spots is also likely too far gone. Other obvious signs of decay include slimy texture, mold and liquefied portions. These foods should be trashed—or better yet, taken to the compost pile.

THE PERFECT VINAIGRETTE

This easy recipe is the only thing you need to love your salads. Customize it with your favorite vinegar, oil and herbs.

BY HILARY MEYER

At the heart of every good salad is a great salad dressing. And even though grocers stock their shelves with endless varieties of the bottled stuff, chances are you have the ingredients for a killer salad dressing right in your pantry. Skipping the bottle for homemade dressing can save you calories, unnecessary added sugars and excess sodium. All you need are six basic ingredients, five minutes and one simple formula to whip up delicious vinaigrettes. With a little ingenuity, you'll be well on your way to ditching the store-bought dressings for good.

Basic Vinaigrette Recipe

ACTIVE TIME: 5 min **TOTAL TIME:** 5 min
TO MAKE AHEAD: Refrigerate for up to 5 days. The oil will solidify, so bring to room temperature and whisk (or shake) before using.

YIELD ABOUT ½ CUP **SERVINGS** 4
SERVING SIZE 2 TBSP

- ¼ cup oil
- 2 tablespoons vinegar
- 1 tablespoon chopped fresh herbs (or 1 teaspoon dried)
- 1 clove minced garlic
- ¼ teaspoon salt
- ¼ teaspoon pepper

Step 1: Make the Oil and Vinegar Base and Add Your Herbs

It's up to you what oil you choose. Many oils will work well. We like to pick oils that offer a boost of flavor, like a peppery extra-virgin olive oil or nutty walnut oil. Peanut oil may be too strong for some salads. And, of course, a neutral oil like grapeseed, canola or avocado will let the herbs and garlic, or whatever aromatics you use, shine (swap a small shallot for garlic, if you prefer). The point is to play and figure out what is pleasing to your palate.

As far as vinegar, anything goes! It just comes down to personal preference. If you like a sweeter vinaigrette, try balsamic or a fruit-infused vinegar. For a savory flavor, red- or white-wine vinegar is a great choice. A dressing made with sherry vinegar will complement most any salad that incorporates stone fruits, especially peaches (try replacing the garlic with toasted ground or whole cumin seeds). Citrus juice can be a great substitution for vinegar. Lime, lemon and grapefruit juices tend to be slightly more acidic than most vinegars, while orange juice is slightly less acidic (an avocado salad would love a grapefruit vinaigrette). Apple and pineapple juices are about as acidic as orange juice, so again, feel free to play.

Adding fresh herbs gives the vinaigrette its, well, freshness and aromatic character. Any fresh herb, from floral basil to the mild flavor of parsley, will work well (try chives, chervil, tarragon, dill, thyme, whatever your herb garden—or closest market—has to offer). Just keep in mind that if you're holding any part of the dressing for eating or serving later, fresh herbs will lose their vibrant green color. You can hold off adding them until right before serving or use dried herbs. Dried herbs offer lots of flavor and won't change color, but because they are concentrated, you'll need to use less than you would if you were using fresh (1 teaspoon dried vs. 1 tablespoon fresh). Then simply add the minced garlic, salt and pepper and you're ready to combine.

Step 2: Whisk, Whip or Shake It Up!

How you get it ready depends on how and when you'll use it.

If you're using it right away: You can save on dishes by mixing the dressing right in the salad bowl itself. Add the oil last, whisking it in in a slow, steady stream, until the vinaigrette has come together (aka emulsified). Add your salad ingredients and toss!

If you're taking it to work or to a dinner party: Simply throw the ingredients into a mason jar and give them a good shake right before you're ready

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+ Julia Child's Timeless Vinaigrette at eatingwell.com/juliachild

to use the dressing. The shaking part is key—you want your vinaigrette to be at least partially emulsified before you add it to your salad so the greens get coated evenly

If you don't want to shake or whisk: You can whip everything up in a blender. The fast action of the blade makes the emulsification permanent, so you shouldn't have to whisk or shake the dressing again. And if you're going to use a blender, then you can easily double the recipe so you can use your vinaigrette later in the week.

To make a vinaigrette that will remain emulsified for a longer period of time with less effort and equipment, try adding one of these common emulsifiers: egg yolk, Dijon mustard or honey. You only need to add about a teaspoon of whichever emulsifier you prefer to the formula in order to make a vinaigrette that won't immediately separate after you set it down. ●

Combinations to Try

Extra-virgin olive oil + sherry vinegar + fresh oregano

Peanut oil + rice vinegar + fresh cilantro

Extra-virgin olive oil + red-wine vinegar + Italian seasoning

Extra-virgin olive oil + balsamic vinegar + dried rosemary

Walnut oil + cider vinegar + fresh chives

The Recipes

Enjoy these fiber-fueled, protein-powered plates. Plus: packable lunches, simple sides and professional chef–inspired salads.

HIGH-FIBER FAVORITES

Not only will these salads help you get more veggies, but the added fiber can help support digestion and gut health.

Kale & Shaved Brussels Sprouts Salad with Avocado Caesar Dressing

ACTIVE TIME: 20 min
TOTAL TIME: 20 min

This salad combines the flavors of a Caesar with tender green lacinato kale and the crunch of shaved raw Brussels sprouts. The brown-butter breadcrumbs add additional crunch and a nutty, toasted flavor. Serve with grilled chicken for added protein.

- 1 tablespoon unsalted butter
- ¼ cup whole-wheat panko breadcrumbs
- 1 small avocado (about 6 ounces), mashed
- 3 tablespoons fresh lemon juice
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon white miso
- 2 cloves garlic, grated
- 1 teaspoon Dijon mustard
- 1 teaspoon ground pepper
- ¼ teaspoon salt
- ¼ cup extra-virgin olive oil
- 2 bunches lacinato kale (about 8 ounces each), stemmed and chopped
- 12 ounces fresh Brussels sprouts, trimmed and thinly sliced

1. Melt butter in a medium nonstick skillet over medium heat. Cook, swirling the pan occasionally, until the butter turns golden brown and smells nutty, 2 to 3 minutes. Stir in panko; cook, stirring constantly, until coated in butter and toasted, 1 to 2 minutes. Transfer to a paper-towel-lined bowl.

2. Process avocado, lemon juice, Parmesan, miso, garlic, mustard, pepper and salt in a mini food processor until combined, about 30 seconds. Add oil; process until thickened and smooth, 30 seconds to 1 minute. Transfer to a large bowl.

3. Add kale to the bowl with the dressing. Using clean hands, massage the dressing into the kale to soften it, 1 to 2 minutes. Add sliced Brussels sprouts and toss to combine. Top with the toasted breadcrumbs.

SERVINGS 6 **SERVING SIZE** ABOUT 1 CUP
CALORIES 237 **CARBOHYDRATES** 21G
DIETARY FIBER 7G **TOTAL SUGARS** 2G
PROTEIN 7G **TOTAL FAT** 16G **SATURATED FAT** 3G **SODIUM** 296MG

Roasted Butternut Squash Salad

ACTIVE TIME: 25 min
TOTAL TIME: 1 hr

This salad, with its caramelized butternut squash, tender kale and zingy dressing, makes the perfect meal. Whether paired with roasted chicken or seared steak or enjoyed on its own, it brings a balance of sweet and savory to the table, making it a crowd-pleaser at any gathering. You can swap out the lacinato kale for curly kale or try another winter squash, such as honeynut or delicata, in place of the butternut.

- 1 medium butternut squash, peeled, seeded and cut into ½-inch pieces (about 6 cups)
- 5 tablespoons extra-virgin olive oil, divided
- ½ teaspoon ground pepper, divided
- 2 tablespoons pomegranate juice
- 1 tablespoon cider vinegar
- 1 tablespoon pure maple syrup
- 2 teaspoons whole-grain mustard
- 1 teaspoon grated orange zest
- ½ teaspoon salt, divided
- 8 cups chopped lacinato kale
- ½ cup thinly sliced scallions
- ⅓ cup shaved Parmesan cheese
- ⅓ cup pomegranate arils
- ¼ cup unsweetened dried cranberries
- ¼ cup chopped pecans, toasted

1. Preheat oven to 425°F with rack in upper third position. Toss squash with 1 tablespoon oil and ¼ teaspoon pepper on a large rimmed baking sheet until well coated; spread in an even layer. Roast, stirring once, until tender, about 30 minutes. Leaving the squash in the oven, increase oven temperature to broil. Broil until browned, about 2 minutes. Let cool slightly on the baking sheet, about 5 minutes.

2. Meanwhile, whisk pomegranate juice, vinegar, maple syrup, mustard, orange zest, ¼ teaspoon salt and the remaining 4 tablespoons oil and ¼ teaspoon pepper in a small bowl until well combined.

3. Place kale in a large bowl; drizzle with 1 tablespoon of the pomegranate vinaigrette. Massage with clean hands until the kale is bright green and the volume has reduced by about half, about 1 minute. Add the roasted squash, scallions, Parmesan, pomegranate arils, cranberries and the remaining pomegranate vinaigrette and ¼ teaspoon salt; toss until evenly combined. Top with the pecans.

SERVINGS 6 **SERVING SIZE** ABOUT 1½ CUPS **CALORIES** 310 **CARBOHYDRATES** 39G **DIETARY FIBER** 7G **TOTAL SUGARS** 19G **ADDED SUGARS** 2G **PROTEIN** 5G **TOTAL FAT** 17G **SATURATED FAT** 3G **SODIUM** 346MG

Cabbage Crunch Salad with Cider Vinaigrette

ACTIVE TIME: 10 min
TOTAL TIME: 20 min

This crisp, fresh cabbage-apple salad features carrots, walnuts and creamy Gorgonzola cheese. Allowing the cabbage to sit before serving helps soften it and develop the flavor. Any type of cabbage will work, but a tender variety like napa will need less time to soften, while a sturdier kind like red or green cabbage will take a bit longer

- 3 tablespoons thinly sliced fresh chives
- 3 tablespoons extra-virgin olive oil
- 2½ tablespoons cider vinegar
- 2 teaspoons honey
- 1 teaspoon Dijon mustard
- ¼ teaspoon ground pepper
- ⅛ teaspoon salt
- 4 cups chopped cabbage (such as green, red or napa)
- 1 cup matchstick carrots
- 1 cup thinly sliced unpeeled Honeycrisp apples
- ⅓ cup chopped walnuts, toasted
- ⅓ cup crumbled Gorgonzola cheese

1. Whisk together chives, oil, vinegar, honey, mustard, pepper and salt in a large bowl until everything is well combined.
2. Add cabbage, carrots, apples, walnuts and Gorgonzola; toss until well coated. Let stand, uncovered, tossing occasionally, until the cabbage is slightly softened, about 10 minutes for napa cabbage and 20 minutes for red and green cabbage.

SERVINGS 4 **SERVING SIZE** 1 CUP
CALORIES 351 **CARBOHYDRATES** 21G
DIETARY FIBER 6G **TOTAL SUGARS** 12G
PROTEIN 11G **TOTAL FAT** 27G **SATURATED FAT** 8G **SODIUM** 520MG

Chopped Salad with Italian Vinaigrette

ACTIVE TIME: 25 min
TOTAL TIME: 25 min

This dish is a crisp, colorful mix of veggies. It's tossed with a zesty homemade vinaigrette, and chickpeas bring on the plant-based protein and fiber. Everything is chopped small for the perfect forkful.

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons red-wine vinegar
- 1 teaspoon Italian seasoning
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon crushed red pepper
- 2½ cups chopped kale
- 1½ cups chopped green cabbage
- 1 (15 ounce) can no-salt-added chickpeas, rinsed
- 1 cup quartered cherry tomatoes
- 1 small bell pepper, diced
- 1 small cucumber, diced
- ½ cup chopped parsley
- 2 scallions, sliced

1. Whisk the oil, vinegar, Italian seasoning, onion powder, garlic powder, salt and crushed red pepper together in a large bowl. Add the kale; massage the leaves with the dressing until the kale is dark and shiny.
2. Add the cabbage, chickpeas, tomatoes, bell pepper, cucumber, parsley and scallions; toss to coat.

SERVINGS 4 **SERVING SIZE** 1½ CUPS **CALORIES** 231 **CARBOHYDRATES** 25G **DIETARY FIBER** 7G **TOTAL SUGARS** 7G **PROTEIN** 8G **TOTAL FAT** 12G **SATURATED FAT** 2G **SODIUM** 288MG

Arugula, Beet & Feta Salad

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

Peppery arugula and tender, sweet beets are balanced by a simple vinaigrette and briny bits of feta cheese in this salad. Using cooked, peeled beets helps make prep a breeze.

- 1 medium shallot, thinly sliced
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons champagne vinegar
- 2 teaspoons honey
- ¼ teaspoon ground pepper, plus more for garnish
- ⅛ teaspoon salt
- 1 (8.8 ounce) package refrigerated cooked beets, such as Love Beets
- 1 (5 ounce) package arugula
- ½ cup crumbled feta cheese

1. Stir the shallot, oil, vinegar, honey, pepper and salt together in a large bowl until combined **2.** Drain beets and cut into 1-inch wedges; add to the dressing and toss to coat. Add arugula; toss gently to coat. Top with feta and garnish with additional pepper, if desired

SERVINGS 4 **SERVING SIZE** 2 CUPS **CALORIES** 172 **CARBOHYDRATES** 14G **DIETARY FIBER** 3G **TOTAL SUGARS** 11G **ADDED SUGARS** 3G **PROTEIN** 4G **TOTAL FAT** 12G **SATURATED FAT** 3G **SODIUM** 189MG

Loaded Chopped Taco Salad Bowl

ACTIVE TIME: 20 min
TOTAL TIME: 20 min

This no-cook taco salad is packed with fiber and plant-based protein from black beans. A medley of toppings, including crispy lettuce, sweet bell peppers, cotija cheese and pickled onions, adds texture and flavor. A tangy lime vinaigrette completes this quick, colorful meal that's perfect for lunch or dinner.

- ¼ cup extra-virgin olive oil
- 3 tablespoons lime juice
- 1 tablespoon cider vinegar
- ½ teaspoon salt
- 1 medium clove garlic, grated
- 2 medium heads romaine lettuce, shredded
- 2 (15 ounce) cans no-salt-added black beans, rinsed
- 1 small orange bell pepper, diced
- 1 small yellow bell pepper, diced
- 1 cup crumbled cotija cheese
- 1 cup chopped cherry tomatoes
- ½ cup thawed frozen fire-roasted corn
- ¼ cup chopped pickled red onions
- ¼ cup finely chopped fresh cilantro leaves and tender stems
- 1 medium jalapeño pepper, seeded and minced
- 2 cups unsalted tortilla chips

1. Combine oil, lime juice, vinegar, salt and garlic in a large bowl; whisk well.
2. Add lettuce, beans, orange and yellow peppers, cotija cheese, tomatoes, corn, pickled onions, cilantro and jalapeño to the bowl with the dressing; toss until evenly coated. Serve with tortilla chips.

SERVINGS 4 **SERVING SIZE** 2½ CUPS SALAD & ½ CUP CHIPS **CALORIES** 580 **CARBOHYDRATES** 65G **DIETARY FIBER** 17G **TOTAL SUGARS** 6G **PROTEIN** 23G **TOTAL FAT** 28G **SATURATED FAT** 8G **SODIUM** 709MG

Chickpea Tuna Salad

ACTIVE TIME: 20 min
TOTAL TIME: 20 min

This chickpea tuna salad, with capers, feta and cucumber, makes for the perfect lunch to pack for work or school. You can prep the night before—just be sure to keep the spinach separate and dress the salad right before serving.

- **2 tablespoons lemon juice**
- **1 tablespoon nonpareil capers, rinsed and chopped**
- **1 tablespoon finely chopped shallot**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **1 (15 ounce) can no-salt-added chickpeas, rinsed**
- **1 (6.7 ounce) jar oil-packed tuna, drained**
- **1 cup halved cherry tomatoes**
- **1 cup thinly sliced English cucumber**
- **½ cup crumbled feta cheese**
- **2 tablespoons chopped fresh dill**
- **2 tablespoons extra-virgin olive oil**
- **3 cups baby spinach**

1. Combine lemon juice, capers, shallot, salt and pepper in a large bowl; stir. Let stand for 5 minutes.

2. Meanwhile, in another large bowl, toss together the chickpeas, tuna, tomatoes, cucumber, feta and dill.
3. Whisk oil into the lemon juice mixture until fully incorporated. Spoon about 4 tablespoons of the dressing onto the chickpea mixture, toss to coat.
4. Add the spinach to the remaining 1 tablespoon dressing in the large bowl; toss to coat. Divide the spinach among 4 plates; top each plate with 1¼ cups chickpea mixture.

SERVINGS 4 **SERVING SIZE** ABOUT 2 CUPS **CALORIES** 326 **CARBOHYDRATES** 22G **DIETARY FIBER** 6G **TOTAL SUGARS** 6G **PROTEIN** 19G **TOTAL FAT** 20G **SATURATED FAT** 5G **SODIUM** 512MG

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Greek Revival Salad

ACTIVE TIME: 20 min
TOTAL TIME: 20 min

This beautiful, full-bodied dish celebrates the Greek flavors of feta, black olives and oregano.

- 1 clove garlic, peeled
- ½ teaspoon salt
- 3 tablespoons tomato juice
- 2 tablespoons lemon juice
- 1 tablespoon extra-virgin olive oil
- 1½ teaspoons dried oregano, crushed
- ¼ teaspoon freshly ground pepper
- 1 medium head romaine, trimmed, washed and torn into bite-size pieces (6 cups)
- 1 cucumber, halved lengthwise and sliced
- 12 cherry tomatoes, sliced and quartered, or 2 larger tomatoes, cored and diced
- ½ small red onion, thinly sliced
- 8 black olives, such as Kalamata, pitted and sliced
- ¼ cup crumbled feta cheese (1 ounce)

1. Chop garlic coarsely. Sprinkle with salt and mash with the side of the knife blade. Place the garlic mixture in a small bowl; whisk in tomato juice, lemon juice, oil, oregano and pepper.
2. Toss lettuce, cucumber, tomatoes and onion with the dressing. Scatter olives and feta over the top and serve.

SERVINGS 4 **SERVING SIZE** 1 CUP **CALORIES** 107 **CARBOHYDRATES** 9G **DIETARY FIBER** 4G **TOTAL SUGARS** 4G **PROTEIN** 4G **TOTAL FAT** 7G **SATURATED FAT** 2G **SODIUM** 538MG

Crispy Chickpea Salad with Tahini Dressing

ACTIVE TIME: 30 min
TOTAL TIME: 30 min

Chickpeas get deliciously crispy in the air fryer and provide a welcome texture contrast to the leafy greens in this salad. A quick tahini-lemon dressing adds nuttiness and brightness.

- 1 (15 ounce) can reduced-sodium chickpeas, rinsed
- 2 tablespoons extra-virgin olive oil, divided
- ¼ teaspoon salt
- ⅛ teaspoon garlic powder
- ⅛ teaspoon onion powder
- ⅛ teaspoon ground pepper
- 3 tablespoons tahini
- 3 tablespoons lemon juice
- 2 tablespoons water
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- 6 cups torn romaine lettuce or torn stemmed kale leaves
- 1⅓ cups chopped cucumber
- 1⅓ cups chopped radishes
- ½ cup sliced Kalamata olives (optional)
- ½ cup grated Parmesan cheese
- 2 teaspoons black and/or white sesame seeds, toasted

1. Spread chickpeas on paper towels; pat dry. Transfer to a medium bowl. Add 1 tablespoon oil, salt, garlic powder, onion powder and pepper; toss to coat.
2. Spread the chickpeas in a single layer in the basket of a 6- to 8-quart air fryer. Cook at 380°F, shaking the basket once, until lightly browned, 16 to 18 minutes. (Some of the chickpeas will burst.) Set aside to cool.
3. Meanwhile, whisk the remaining 1 tablespoon oil, tahini, lemon juice, water, mustard and honey in a small bowl until well combined.
4. Divide lettuce (or kale) among 4 shallow bowls. Top with cucumber, radishes, olives (if desired) and Parmesan. Top evenly with the chickpeas and drizzle with the dressing. Sprinkle with sesame seeds.

SERVINGS 4 **SERVING SIZE** 1¾ CUPS **CALORIES** 315 **CARBOHYDRATES** 28G **DIETARY FIBER** 7G **TOTAL SUGARS** 5G **ADDED SUGARS** 1G **PROTEIN** 12G **TOTAL FAT** 18G **SATURATED FAT** 4G **SODIUM** 569MG

Caesar Salad with Crispy Artichokes

ACTIVE TIME: 20 min
TOTAL TIME: 20 min

This Caesar skips the croutons in favor of cheesy pan-fried artichokes for an extra boost of vegetables and the same satisfying crunch.

- ¼ cup all-purpose flour
- 1 large egg
- ½ cup panko breadcrumbs
- 6 tablespoons grated Parmesan cheese, divided, plus more for garnish
- 1 (14 ounce) can whole artichoke hearts, rinsed and halved
- 5 tablespoons extra-virgin olive oil, divided
- 2 tablespoons mayonnaise
- 2 tablespoons lemon juice
- 1 teaspoon Dijon mustard
- ½ clove garlic, grated
- ½ teaspoon anchovy paste (optional)
- 2 large romaine hearts (1 pound total), chopped
- Freshly ground pepper to taste

1. Place flour in a shallow dish. Lightly beat egg in another shallow dish. Combine panko and 4 tablespoons Parmesan in a third shallow dish. Pat artichokes dry. Toss artichokes in the flour to coat. Dip in the egg, letting excess drip off. Then roll in the panko mixture.
2. Heat 3 tablespoons oil in a large nonstick skillet over medium-high heat. Add the artichoke hearts and cook, flipping once, until crispy and golden on both sides, 1 to 2 minutes per side. Transfer to a paper-towel-lined plate.
3. Whisk mayonnaise, lemon juice, mustard, garlic, anchovy paste (if using), and the remaining 2 tablespoons each oil and Parmesan in a large bowl until combined. Toss romaine with the dressing until coated. Serve with the crispy artichoke hearts and garnish with pepper and more Parmesan, if desired.

SERVINGS 4 **SERVING SIZE** 2½ CUPS **CALORIES** 330 **CARBOHYDRATES** 19G **DIETARY FIBER** 4G **TOTAL SUGARS** 3G **PROTEIN** 7G **TOTAL FAT** 25G **SATURATED FAT** 4G **SODIUM** 456MG

Salmon Salad with Crispy White Beans

ACTIVE TIME: 30 min
TOTAL TIME: 55 min

This salad delivers big on flavor. The salmon is rich in omega-3 fatty acids, which are well known for their anti-inflammatory properties, while the beans provide a nice texture and are a great source of fiber. A quick soy-sesame-ginger dressing completes this dish, perfect for lunch or dinner.

- 1 (15-ounce) can no-salt-added cannellini beans, rinsed and patted dry
- 7 tablespoons extra-virgin olive oil, divided
- ½ teaspoon crushed red pepper
- ⅛ teaspoon salt plus ½ teaspoon, divided
- 1 pound skinless center-cut salmon fillet (about 1-inch thick), cut into 1-inch pieces
- 2 tablespoons shichimi togarashi
- 2 tablespoons rice vinegar
- 2 tablespoons toasted sesame oil
- 2 teaspoons reduced-sodium soy sauce
- 1 teaspoon Dijon mustard
- 1 clove garlic, grated on a microplane
- ¼ teaspoon grated fresh ginger
- 2 bunches lacinato kale, stemmed and coarsely chopped (about 8 packed cups)
- 1 small red bell pepper, thinly sliced
- 1 cup matchstick carrots
- 2 large scallions, thinly sliced

1. Preheat oven to 450°F with racks in top third and lower third positions. Toss beans, 2 tablespoons olive oil and crushed red pepper together on a small rimmed baking sheet until evenly coated; spread in an even layer. Roast on the top rack, stirring once halfway through, until beans are browned and crispy, 20 to 25 minutes. Remove from oven; season with ⅛ teaspoon salt and set aside.

2. Toss salmon, shichimi togarashi, 2 tablespoons olive oil and the remaining ½ teaspoon salt together on a large rimmed baking sheet until evenly coated. Arrange along the outer edges of the baking sheet, evenly spaced apart. Roast on the bottom rack until browned and cooked through, about 8 minutes.

3. Meanwhile, whisk vinegar, sesame oil, soy sauce, mustard, garlic, ginger and the remaining 3 tablespoons olive oil together in a large bowl; reserve ¼ cup of the vinaigrette for drizzling.

4. Add the kale to the large bowl with the remaining vinaigrette. With clean hands, massage the mixture until softened and reduced in volume by about half, about 2 minutes. Toss in bell pepper and carrots until evenly coated.

5. Divide the kale mixture among 4 bowls; top with salmon, crispy beans and scallions. Drizzle with the reserved vinaigrette (1 tablespoon each).

SERVINGS 4 **SERVING SIZE** 1 CUP **CALORIES** 627 **CARBOHYDRATES** 33G **DIETARY FIBER** 9G **TOTAL SUGARS** 4G **PROTEIN** 34G **TOTAL FAT** 38G **SATURATED FAT** 6G **SODIUM** 658MG

Brussels Sprouts, Kale & Pear Salad

ACTIVE TIME: 20 min
TOTAL TIME: 20 min

This crisp and colorful salad looks beautiful and delivers plenty of texture and flavor in each bite. Kale and Brussels sprouts are massaged in a tangy apple-cider vinaigrette, while sweet red pear slices and jewel-toned pomegranate arils add juicy pops of freshness. Shaved Parmesan ties it all together with a rich, salty bite.

- 4 tablespoons cider vinegar
- 1½ tablespoons pure maple syrup
- 2 teaspoons country-style Dijon mustard
- ½ teaspoon salt
- ½ teaspoon coarsely ground pepper
- 2 small cloves garlic, grated (about ¼ teaspoon)
- 5 tablespoons extra-virgin olive oil
- 1 medium bunch kale, stemmed and chopped (about 10 cups)
- 10 ounces Brussels sprouts, trimmed and thinly sliced (about 4 cups)
- 1 medium red pear, sliced (about 2 cups)
- ½ cup pomegranate arils
- ¼ cup candied walnuts, chopped
- 1 cup shaved Parmesan cheese, divided

1. Whisk vinegar, maple syrup, mustard, salt, pepper and garlic together in a large bowl. While whisking, gradually add oil. Continue whisking until the mixture is emulsified.

2. Add the kale and Brussels sprouts to the bowl. Massage the mixture with clean hands until the kale is bright green and reduced in volume by about half, about 1 minute.

3. Add pear, pomegranate arils, walnuts and ¾ cup Parmesan; toss to combine. Top with the remaining ¼ cup Parmesan.

SERVINGS 8 **SERVING SIZE** ABOUT 1¼ CUPS **CALORIES** 230 **CARBOHYDRATES** 25G **DIETARY FIBER** 5G **TOTAL SUGARS** 15G **ADDED SUGARS** 4G **PROTEIN** 6G **TOTAL FAT** 13G **SATURATED FAT** 3G **SODIUM** 396MG

Orange-Mint Freekeh Salad with Lima Beans

ACTIVE TIME: 25 min
TOTAL TIME: 25 min

This salad is made with freekeh, a whole grain from young wheat. It is also loaded with colorful produce: fresh mint, snap peas, radishes and oranges. For pretty snap pea slices, cut them into long, thin strips.

- 2 cups water
- ¼ cup cracked freekeh
- ½ cup packed fresh mint leaves, plus more for garnish
- ½ cup orange juice
- 3 tablespoons lemon juice
- 1 small clove garlic, grated
- ½ teaspoon salt
- ½ teaspoon ground pepper
- ¼ cup extra-virgin olive oil
- 1 cup thinly sliced fennel (½ large bulb)
- 1 cup sugar snap peas, trimmed and thinly sliced
- 1 cup thinly sliced radishes
- 2 medium oranges, peeled and segmented
- 2 cups frozen baby lima beans, thawed

1. Combine water and freekeh in a medium saucepan and bring to a boil over high heat. Cover, reduce heat to maintain a simmer and cook until the liquid is absorbed, 12 to 15 minutes. Remove from heat and let stand, covered, for 5 minutes. Drain any remaining liquid. Spread the freekeh out on a rimmed baking sheet to cool.

2. Meanwhile, combine mint, orange juice, lemon juice, garlic, salt and pepper in a large bowl. Whisk in oil and transfer ¼ cup of the dressing to a medium bowl. Add fennel, snap peas, radishes and oranges to the medium bowl and toss to combine.

3. Add the freekeh and lima beans to the remaining dressing in the large bowl and toss to combine. Serve the fennel mixture over the freekeh mixture. Garnish with more mint, if desired.

SERVINGS 4 **SERVING SIZE** 1½ CUPS
CALORIES 389 **CARBOHYDRATES** 55G
DIETARY FIBER 11G **TOTAL SUGARS** 12G
PROTEIN 12G **TOTAL FAT** 15G **SATURATED FAT** 2G **SODIUM** 339MG

Easy Bean Salad with Herby Salsa Verde

ACTIVE TIME: 20 min
TOTAL TIME: 1 hr 20 min

This refreshing bean salad gets a lift from a quick homemade salsa verde packed with fresh herbs, jalapeño and lime. A mix of creamy beans, crisp radishes and smoky corn makes it hearty enough for a light lunch or easy dinner

- 1 medium jalapeño, stemmed, seeded and finely chopped (¼ cup)
- 1 large clove garlic, minced (2 teaspoons)
- ¼ cup finely chopped fresh cilantro leaves and tender stems
- ¼ cup finely chopped fresh flat-leaf parsley leaves and tender stems
- 2 tablespoons finely chopped sweet onion
- 2 tablespoons lime juice (from 1 lime)
- 1½ tablespoons extra-virgin olive oil
- ¾ teaspoon salt, divided
- ½ cup frozen fire-roasted corn
- 1 (15 ounce) can no-salt-added cannellini beans, drained and rinsed
- 1 (15 ounce) can no-salt-added pinto beans, drained and rinsed
- 2 medium radishes, thinly sliced and quartered (½ cup)

1. Arrange jalapeño, garlic, cilantro, parsley and onion on a cutting board. Chop together until very finely minced. Transfer to a large bowl and stir in lime juice, oil and ¼ teaspoon salt.

2. Microwave corn in a small bowl on high until thawed, about 45 seconds. Add the corn, cannellini beans, pinto beans, radishes and remaining ½ teaspoon salt to the herb mixture. Toss until evenly coated. Cover and refrigerate for 1 hour before serving.

SERVINGS 4 **SERVING SIZE** ABOUT 1 CUP **CALORIES** 278 **CARBOHYDRATES** 42G **DIETARY FIBER** 12G **TOTAL SUGARS** 2G **PROTEIN** 14G **TOTAL FAT** 7G **SATURATED FAT** 1G **SODIUM** 416MG

6 Ways to Add Fiber to Your Salads

Dietitians recommend these easy toppings to give your salads a fiber boost.

BY DEBORAH MURPHY, M.S., RDN

We all know that fiber is good for us. From a smooth-running digestive system to reduced chronic disease risk, this is a nutrient that delivers. So when you're looking to up your fiber intake and harness all those good-for-you benefits, what's the first thing you should do?

Adding a salad to your routine is probably one of the first things that comes to mind. The only drawback is that our salads aren't always as fiber-packed as we assume they are.

Take spring mix, for example. This widely popular base for leafy green salads provides just 1 gram of fiber per cup. Even if you build a big salad with a couple of cups of greens, it's not going to get you very far toward hitting the recommended 25 to 38 grams of fiber you need each day.

The good news is that you can amp up the fiber content of your salads with the right toppings. To find the best options, we asked dietitians to share their go-to fiber-rich salad adds. Here's what they recommend.

Nuts and Seeds

Nuts and seeds make for great salad toppers because they add a satisfying crunch as well as a long lineup of beneficial nutrients. A 1-ounce serving of most nuts will add about 2 grams of fiber to your salad's fiber total. But if you're looking for an even bigger fiber boost, you'll want to opt for flaxseeds or chia seeds. "Seeds are true fiber powerhouses, and most people don't realize it," says Sapna Peruvemba, M.S., RDN. You don't even need to add that much. "Sprinkling ground flaxseeds on top of a salad is a great way to bump up the fiber," says Ali Ellis, M.Sc., RD. "Just 2 tablespoons adds an extra 4 grams of fiber, and it mixes in really easily."

Legumes

Topping your salad with legumes is an easy win, since they're not only loaded with fiber, but your salad will get a protein boost as well. "Adding beans like black, kidney or chickpeas is a great way to increase the fiber in your salad," says Lisa Andrews, M.Ed., RD, LD. Just ½ cup of black beans provides an impressive 8 grams of fiber, knocking out as much as one-third of your fiber needs for the day. Not only that, but beans improve the texture, taste and satiety factor of your salads, says Andrews.

It's also hard to beat the convenience of canned beans. "Canned beans or lentils are the ultimate shortcut to a heartier, more satisfying salad. Just open the can, drain them and you're done," says Elizabeth Davenport, M.P.H., RD, LD. "Plus, you're getting the added benefits of fiber feeding your gut microbiome and supporting heart health by lowering cholesterol."

Fresh Fruit

Not everyone believes that fruit and salads go together, but fruit can be a great way to score additional fiber. "Chopped apples, pears, citrus fruit or berries are a delicious way to increase fiber in your salad," says Andrews. She adds that if you're looking to get the most fiber per serving, you should reach for raspberries. Half a cup of raspberries provides about 4 grams of fiber. However, in fall and winter, when berries are not at their prime, apples are also an excellent pick. Try using them in harvest salads paired with soft cheese, pecans and roasted vegetables like Brussels sprouts, suggests Jenna Volpe, RDN, LD, IFNCP, CLT. Just one medium apple in your salad provides almost 5 grams of fiber.

Avocado

Avocados are well known for being rich in healthy fats, but they're actually packed with fiber too. "Half an avocado provides 4 to 5 grams of fiber," says Avery Zenker, RD. And their rich,

creamy texture is a welcome addition to just about any salad. In addition to tossing in chopped avocado, another way to easily add avocado (and fiber) to your salad is by blending it up into a creamy dressing or mashing it into guacamole. Just a quarter cup of guacamole contains about 4 grams of fiber, according to Zenker. Sounds like it's time for a taco salad!

Cooked Quinoa

Quinoa has grown in popularity over the last few years, earning itself a reputation as a "super grain." Our experts love adding it to salads. "Quinoa is a naturally high-fiber whole grain, containing about 5 grams of fiber per cup cooked," says Volpe. "In addition to being a good source of fiber, quinoa also provides complex carbohydrates and high-quality protein for sustained energy." An added bonus is that quinoa is so mild in flavor that it's very versatile and works well with many different flavor combinations.

Fiber-Rich Veggies

Even though most salad greens are relatively low in fiber, there are plenty of fiber-rich vegetables you can add to amp up the fiber. Zenker suggests adding fiber-rich choices such as broccoli, cauliflower, kale, peas, cabbage, sweet potatoes and artichokes. You don't have to eat them raw, either. Roasting veggies like cauliflower and cabbage in the oven boosts their flavor for an even more delicious salad topper. For example, just ½ cup of cooked broccoli can tack on another 2.5 grams of fiber.

Health Benefits of Fiber

Now that you know how to optimize the fiber content of your next bowl of salad, here are some of the health benefits associated with upping your fiber intake.

Fiber is good for your gut. Fiber is incredibly important for gut health since it plays an important role in maintaining regular bowel movements. In addition, eating a variety of fiber-rich foods helps feed the beneficial bacteria in your gut, which helps support a healthy and diverse microbiome, says Ellis.

Fiber gives heart health a boost. Fiber is one nutrient that can help keep your heart in tip-top shape for the long term. That's because fiber can help lower inflammation (which increases heart disease risk), reduce cholesterol levels and manage weight.

Fiber helps manage blood sugar levels. Fiber helps keep your blood sugar in a normal range by slowing down the digestion and absorption of carbohydrates. Not only does this keep you feeling full for longer, but preventing large fluctuations in your blood sugar can help reduce your odds of developing type 2 diabetes.

Our Expert Take

When you're looking to increase your fiber intake, salads are a top choice. But most leafy salad greens aren't as fiber-packed as most of us assume. Luckily, that's easy to remedy when you build your salad with fiber-rich salad add-ons. Incorporate legumes, quinoa, avocado, fresh fruit and nuts and seeds and you'll be easily able to meet your fiber needs for the day.

PROTEIN POWERHOUSES

With at least 10 grams of protein per serving, these salads can leave you full and satisfied while helping meet your nutritional goals.

Cobb Salad with Herb-Rubbed Chicken

ACTIVE TIME: 35 min
TOTAL TIME: 45 min

This is an updated version of the classic Cobb. Kale, feta and strawberries give this chicken salad a colorful upgrade.

Chicken

- 1 tablespoon extra-virgin olive oil
- 1 teaspoon garlic powder
- 1 teaspoon dried thyme
- ½ teaspoon dried oregano
- ½ teaspoon dried rosemary
- ½ teaspoon ground pepper
- ¼ teaspoon kosher salt
- 2 (8 ounce) boneless, skinless chicken breasts, trimmed

Vinaigrette

- ⅓ cup extra-virgin olive oil
- ¼ cup lemon juice
- 2 teaspoons champagne vinegar
- ½ teaspoon kosher salt
- ¼ teaspoon ground pepper

Salad

- 6 cups baby kale
- 2 medium ripe avocados, sliced
- 2 large hard-boiled eggs, sliced
- 2 slices cooked bacon, crumbled
- ½ cup crumbled feta cheese
- 10 strawberries, quartered

1. Preheat grill to medium-high. Combine oil, garlic powder, thyme, oregano, rosemary, pepper and salt in a small bowl. Rub the mixture over the chicken.
2. Oil the grill rack. Grill the chicken until an instant-read thermometer inserted in the thickest part registers 160°F, 5 to 6 minutes per side. Transfer the chicken to a clean cutting board and let rest for 10 minutes. Slice.
3. Whisk oil, lemon juice, vinegar, salt and pepper in a small bowl.
4. Arrange kale, avocados, eggs, bacon, feta, strawberries and the chicken on a large platter. Serve with the vinaigrette.

SERVINGS 4 **SERVING SIZE** 2 CUPS
CALORIES 412 **CARBOHYDRATES** 11G
DIETARY FIBER 6G **TOTAL SUGARS** 2G
PROTEIN 23G **TOTAL FAT** 32G **SATURATED FAT** 7G **SODIUM** 470MG

Farro & White Bean Salad

ACTIVE TIME: 40 min
TOTAL TIME: 1 hr 10 min

This Mason jar grain salad is the perfect grab-and-go lunch. Building a salad in a jar makes it easy to prepare and take along, keeping the ingredients fresh and crisp. This colorful salad layers together farro, bell pepper, beets and arugula, all of which offer fiber and antioxidants. White beans add some plant-based protein to help you stay satisfied throughout the afternoon.

- 2 cups water
- ¾ teaspoon salt, divided
- 1 cup pearled Italian farro, rinsed
- ¼ cup extra-virgin olive oil
- ¼ cup white-wine vinegar
- 1 tablespoon Dijon mustard
- 1 teaspoon dried oregano
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice
- ¾ teaspoon honey
- 1 clove garlic, grated
- 1⅓ cups chopped red bell pepper
- 1⅓ cups chopped cooked peeled red beets
- 2 (15 ounce) cans no-salt-added great northern beans, rinsed
- 4 cups packed baby arugula
- 4 tablespoons roughly chopped fresh mint
- 4 tablespoons unsalted roasted sunflower seeds
- ½ cup crumbled feta cheese

1. Bring water and ¼ teaspoon salt to a boil in a medium saucepan over high heat. Add farro; reduce heat to medium-low, cover and simmer, undisturbed, until the farro is tender and the water is absorbed, 20 to 30 minutes. Fluff with a fork, then spread the farro evenly on a large rimmed baking sheet; refrigerate, uncovered, until completely cool, about 30 minutes.
2. Whisk oil, vinegar, mustard, oregano, lemon zest, lemon juice, honey, garlic and the remaining ½ teaspoon salt in a small bowl until well combined. Divide the mixture among 4 (1 quart) Mason jars (about 2 tablespoons each).
3. Divide red pepper (about ⅓ cup each), beets (about ⅓ cup each), beans (about ¾ cup each) and cooled farro (about ¾ cup each) among the jars. Top each with 1 cup baby arugula; add 1 tablespoon each mint and sunflower seeds. Divide feta evenly among jars (about 2 tablespoons each).
4. Cover the jars and refrigerate. When ready to eat, shake the jar until the vinaigrette is evenly distributed. Stir to combine the ingredients, if needed.

SERVINGS 4 **SERVING SIZE** 1 JAR
CALORIES 506 **CARBOHYDRATES** 62G
DIETARY FIBER 11G **TOTAL SUGARS** 8G
ADDED SUGARS 1G **PROTEIN** 18G
TOTAL FAT 22G **SATURATED FAT** 4G
SODIUM 723MG

Garlicky Grilled Steak & Kale Salad

ACTIVE TIME: 35 min
TOTAL TIME: 35 min

A bright lemon, garlic and tarragon vinaigrette coats this grilled steak salad. Since the grill is fired up, we throw on some bread for homemade croutons

- 2 tablespoons lemon juice
- 2 tablespoons white-wine vinegar
- 1 teaspoon Dijon mustard
- 2 cloves garlic, grated, plus 1 clove, halved
- 1 tablespoon finely chopped fresh tarragon
- ¼ teaspoon salt, divided
- Pinch of crushed red pepper
- 5 tablespoons extra-virgin olive oil, divided
- 8 ounces baby kale (16 cups)
- ½ cup thinly sliced red onion, rinsed
- ⅓ cup chopped pitted olives
- ¼ cup crumbled feta cheese
- 1 pound skirt or flank steak, trimmed
- 4 slices whole-wheat country bread

1. Preheat grill to medium-high. Whisk lemon juice, vinegar, mustard, grated garlic, tarragon, ⅛ teaspoon salt and crushed red pepper in a large bowl. Slowly whisk in 4 tablespoons oil. Transfer 2 tablespoons of the dressing to a small bowl. Add kale, onion, olives and feta to the large bowl and toss to coat.

2. Brush steak with the remaining 1 tablespoon oil and grill, flipping once, until an instant-read thermometer inserted into the thickest part registers 125°F for medium rare, 6 to 12 minutes. Transfer to a clean cutting board and let rest for 10 minutes. Grill bread until golden brown, 45 to 60 seconds per side. Rub halved garlic clove on both sides of the bread. Coarsely chop the bread.

3. Add the croutons to the salad and toss to coat. Thinly slice the steak against the grain and sprinkle with the remaining ⅛ teaspoon salt. Top the salad with the steak and drizzle with the reserved 2 tablespoons dressing.

SERVINGS 4 **SERVING SIZE** 3 OZ STEAK & 2 CUPS SALAD **CALORIES** 470 **CARBOHYDRATES** 14G **DIETARY FIBER** 4G **TOTAL SUGARS** 2G **PROTEIN** 30G **TOTAL FAT** 32G **SATURATED FAT** 8G **SODIUM** 695MG

Arugula, Chicken & Melon Salad with Sumac Dressing

ACTIVE TIME: 20 min
TOTAL TIME: 20 min

Sweet and savory find harmony in this salad, dotted with ripe melon and tossed in a lemony dressing. Melon balls are adorable, but making them leaves some fruit behind—whirl those leftovers into a smoothie.

- ¼ cup lemon juice
- 1 teaspoon ground sumac, plus more for garnish
- 1 teaspoon honey
- 1 clove garlic, grated
- ¼ teaspoon salt
- ¼ cup extra-virgin olive oil
- 5 ounces baby arugula (8 cups)
- 2 cups shredded cooked chicken breast (about 12 ounces)
- 2 cups cantaloupe balls (from 1 small melon)
- 4 ounces feta cheese, preferably sheep's-milk, crumbled
- 1 cup fresh mint leaves, torn
- ¼ cup pine nuts, toasted

1. Whisk lemon juice, sumac, honey, garlic and salt in a large bowl.

2. Gradually whisk in oil until combined.

3. Add the arugula, chicken, melon, feta and mint. Toss to coat with the dressing. Sprinkle with pine nuts and garnish with additional sumac, if desired.

SERVINGS 4 **SERVING SIZE** 2½ CUPS
CALORIES 453 **CARBOHYDRATES** 15G
DIETARY FIBER 3G **TOTAL SUGARS** 10G **PROTEIN** 33G **TOTAL FAT** 29G
SATURATED FAT 7G **SODIUM** 489MG

High-Protein Cheeseburger Salad

ACTIVE TIME: 20 min
TOTAL TIME: 30 min

This salad is a fun twist on a classic burger. It features a crisp base of chopped iceberg lettuce, thinly sliced red onion, pickles and juicy cherry tomatoes. A melty cheeseburger patty is served warm on top, along with a tangy ketchup-mayo-pickle sauce that ties all the flavors together. Optional sesame seeds add a hint of crunch and nod to the traditional burger bun.

- 8 ounces baby gold potatoes, halved or quartered if large
- 2 tablespoons extra-virgin olive oil, divided
- ¾ teaspoon ground pepper, divided
- ¼ teaspoon smoked paprika
- ¼ teaspoon salt, divided
- 4 tablespoons whole-milk plain strained (Greek-style) yogurt
- 1 tablespoon ketchup
- 1 tablespoon mayonnaise
- 1½ teaspoons brine from pickle jar
- 1 medium clove garlic, grated (½ teaspoon)
- 3 tablespoons dill pickle slices, divided
- 8 ounces lean ground beef
- 2 slices sharp Cheddar cheese
- 4 cups chopped iceberg lettuce
- ⅔ cup halved cherry tomatoes
- ¼ cup thinly sliced red onion

1. Preheat oven to 450°F. Place potatoes in a large bowl. Add 1 tablespoon oil, ½ teaspoon pepper and paprika; toss to coat. Spread onto a large rimmed baking sheet, cut sides down. (Reserve the bowl.) Roast until golden brown and tender, tossing once halfway through, about 20 minutes. Return to the bowl; sprinkle with ⅛ teaspoon salt and toss to coat.
2. Meanwhile, whisk yogurt, ketchup, mayonnaise, pickle brine and garlic together in a small bowl. Finely chop 1 tablespoon pickles; stir into yogurt mixture.
3. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Form ground beef into 2 (½-inch-thick) patties; season with the remaining ¼ teaspoon pepper and ⅛ teaspoon salt. Cook until golden brown on the bottom, about 3 minutes. Flip and continue cooking until no longer pink in the center, about 2 more minutes. Top each patty with a cheese slice, cover pan. Remove from heat and let stand until the cheese has melted, about 1 minute.
4. Divide lettuce, tomatoes, onion, the roasted potatoes and the remaining 2 tablespoons pickle slices between 2 bowls. Top each bowl with a cheeseburger patty and drizzle with the reserved yogurt mixture. Garnish with sesame seeds, if desired.

SERVINGS 2 **SERVING SIZE** ABOUT 2 ½ CUPS SALAD, 1 BURGER PATTY, ABOUT ⅔ CUP ROASTED POTATOES & 3 TBSP DRESSING **CALORIES** 552 **CARBOHYDRATES** 31G **DIETARY FIBER** 6G. **TOTAL SUGARS** 10G **ADDED SUGARS** 2G **PROTEIN** 36G **TOTAL FAT** 33G **SATURATED FAT** 10G **SODIUM** 774MG

Sesame Kohlrabi & Chicken Salad

ACTIVE TIME: 25 min
TOTAL TIME: 25 min

Kohlrabi (a bulbous vegetable related to broccoli and Brussels sprouts but with a milder, sweet flavor) and almonds add crunch to this crowd-pleasing salad. You can use baked tofu or shrimp instead of the chicken.

- ¼ cup rice vinegar
- 3 tablespoons 50%-less-sodium tamari
- 1 tablespoon chile-garlic sauce
- 1 tablespoon grated orange zest
- ½ cup finely chopped fresh cilantro, divided
- 2 tablespoons neutral oil, such as canola or avocado
- 2 tablespoons toasted sesame oil
- 1 large kohlrabi (about 1 pound), peeled and cut into matchsticks
- 3 cups shredded napa cabbage
- 3 cups shredded cooked chicken
- 1 cup grated carrots
- 1 cup thinly sliced snow peas
- ¼ cup sliced almonds, toasted
- 1 tablespoon sesame seeds, toasted

1. Whisk vinegar, tamari, chile-garlic sauce, orange zest and ¼ cup cilantro in a large bowl. Slowly whisk in canola (or avocado) oil and sesame oil.
2. Stir in kohlrabi, cabbage, chicken, carrots and snow peas. Serve topped with almonds, sesame seeds and the remaining ¼ cup cilantro.

SERVINGS 4 **SERVING SIZE** 2¼ CUPS
CALORIES 432 **CARBOHYDRATES** 20G
DIETARY FIBER 7G **TOTAL SUGARS** 9G
PROTEIN 39G **TOTAL FAT** 22G **SATURATED FAT** 3G **SODIUM** 744MG

Salmon & Avocado Salad

ACTIVE TIME: 30 min
TOTAL TIME: 30 min

Tender salmon tops a hearty salad of red cabbage, carrots and avocados tossed with a creamy dill vinaigrette to make a quick, easy dinner

- ½ cup loosely packed fresh dill, plus more for garnish
- 2 tablespoons water
- 2 tablespoons lemon juice
- 2 tablespoons white-wine vinegar
- 1 teaspoon Dijon mustard
- 1 small clove garlic
- 2 medium avocados, chopped, divided
- ¼ cup extra-virgin olive oil plus 1 teaspoon, divided
- ½ teaspoon salt, divided
- 4 (5 ounce) skinless salmon fillets
- ¼ teaspoon ground pepper
- 3 cups spring mix salad greens
- 2 cups thinly sliced red cabbage
- 1 cup matchstick carrots

1. Place dill, water, lemon juice, vinegar mustard, garlic, ½ cup avocado, ¼ cup oil and ¼ teaspoon salt in a blender Process until smooth, about 30 seconds. Refrigerate until ready to use.
2. Heat the remaining 1 teaspoon oil in a large cast-iron skillet over medium-high heat. Sprinkle salmon evenly with pepper and the remaining ¼ teaspoon salt. Add the salmon to the pan; cook until golden on the bottom and mostly opaque around the sides, about 4 minutes. Carefully flip the fillets; remove from heat. Let the fillets stand in the pan until cooked through, 2 to 3 minutes
3. Combine salad greens, cabbage carrots and the reserved dressing in a large bowl; toss gently until evenly coated. Divide the salad among 4 plates; top with the remaining avocado. Top each salad with a salmon fillet; garnish with additional dill, if desired.

SERVINGS 4 **SERVING SIZE** 1 SALMON FILLET & ABOUT 1 CUP SALAD **CALORIES** 508 **CARBOHYDRATES** 13G **DIETARY FIBER** 7G **TOTAL SUGARS** 3G **PROTEIN** 35G **TOTAL FAT** 36G **SATURATED FAT** 5G **SODIUM** 438MG

Arugula Salad with Roasted Pork Tenderloin, Pears & Blue Cheese

ACTIVE TIME: 25 min
TOTAL TIME: 50 min

Toasted walnuts and roasted pork tenderloin make this elegant salad worthy of company, yet it's easy enough to prepare on a weeknight!

- **2 tablespoons chopped walnuts**
- **3 tablespoons balsamic vinegar**
- **2 tablespoons extra-virgin olive oil**
- **2 teaspoons lemon juice**
- **1 teaspoon honey**
- **1 teaspoon Dijon mustard**
- **2 teaspoons finely chopped fresh rosemary or ¾ teaspoon dried**
- **1 clove garlic, minced**
- **½ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **1 pound pork tenderloin**
- **8 cups arugula**
- **4 small or 2 large red pears, sliced into wedges**
- **¼ cup crumbled blue cheese**

1. Preheat oven to 400°F. Coat a large rimmed baking sheet with cooking spray.

2. Cook walnuts in a medium skillet over medium heat, stirring frequently, until golden and fragrant. Set aside.

3. Whisk vinegar, oil, lemon juice, honey, mustard, rosemary, garlic, and ¼ teaspoon each salt and pepper in a large bowl. Place pork on the prepared baking sheet. Brush with 1 tablespoon of the dressing and sprinkle with the remaining ¼ teaspoon each salt and pepper.

4. Roast the pork until a thermometer registers 145°F, 20 to 22 minutes. Transfer to a clean cutting board and let stand for 5 minutes. Cut into slices about ¾ inch thick.

5. Add arugula and pears to the dressing in the large bowl and toss to coat. Divide the salad among 4 serving plates. Top with pork and sprinkle with blue cheese and the reserved walnuts.

SERVINGS 4 **SERVING SIZE** 3 CUPS SALAD AND 3 OZ. PORK **CALORIES** 352 **CARBOHYDRATES** 25G **DIETARY FIBER** 5G **TOTAL SUGARS** 16G **PROTEIN** 27G **TOTAL FAT** 16G **SATURATED FAT** 4G **SODIUM** 692MG

Shrimp & Avocado Salad

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

Peppery-fresh radishes complement sweet shrimp and creamy avocado in this quick salad. It's perfect as a quick light dinner, or enjoy it for lunch.

- 1 pound large peeled, deveined cooked shrimp, coarsely chopped
- 3 small ripe avocados, cubed
- ½ cup thinly sliced radishes
- ¼ cup thinly sliced scallions
- ¼ cup extra-virgin olive oil
- ¼ cup fresh lime juice
- 1 tablespoon grated fresh ginger
- 2 teaspoons granulated sugar
- ¾ teaspoon salt
- ¼ teaspoon crushed red pepper
- 12 cups mixed greens or chopped romaine lettuce
- Chopped fresh cilantro for garnish

1. Gently stir shrimp, avocados, radishes and scallions in a medium bowl. Whisk oil, lime juice, ginger, sugar, salt and crushed red pepper in a small bowl. Pour the dressing over the shrimp mixture; gently stir to coat well
2. Divide greens (or lettuce) among 6 plates; top evenly with the shrimp mixture and garnish with cilantro, if desired.

SERVINGS 6 **SERVING SIZE** ABOUT ¾ CUP SHRIMP SALAD & 2 CUPS GREENS **CALORIES** 367 **CARBOHYDRATES** 17G **DIETARY FIBER** 9G **TOTAL SUGARS** 5G **PROTEIN** 21G **TOTAL FAT** 25G **SATURATED FAT** 4G **SODIUM** 480MG

Chicken Fajita Salad

ACTIVE TIME: 30 min
TOTAL TIME: 40 min

Topped off with the crunch of the tortilla chips, this salad is a true dinner winner. To cut down on the number of ingredients, you can use fajita seasoning to season the chicken, but keep in mind that may increase the amount of sodium in the dish.

- 2 (8 ounce) boneless, skinless chicken breasts
- 2 tablespoons extra-virgin olive oil, divided
- 1 teaspoon chili powder
- 1 teaspoon garlic powder, divided
- ½ teaspoon ground cumin
- ½ teaspoon onion powder
- ¼ teaspoon smoked paprika
- ½ teaspoon salt, divided
- 2 medium avocados, sliced and divided
- ½ cup packed fresh cilantro leaves, plus more for garnish
- ⅓ cup reduced-fat sour cream
- ¼ cup lime juice (from 2 medium limes)
- 1 small jalapeño pepper, stemmed, seeded and sliced
- 2 medium romaine lettuce hearts, washed and chopped (about 8 cups)
- 2 small red, yellow and/or orange bell peppers, sliced
- ¾ cup sliced red onion
- ¼ cup shredded pepper Jack cheese
- 1 cup crushed unsalted white corn tortilla chips

1. Preheat oven to 425°F. Toss chicken, 1 tablespoon oil, chili powder, ½ teaspoon garlic powder, cumin, onion powder, paprika and ¼ teaspoon salt together in a large bowl until the chicken is well coated.

2. Heat the remaining 1 tablespoon oil in a large cast-iron skillet over medium-high heat. Add the chicken; cook until slightly charred on both sides, about 3 minutes per side.

3. Transfer the skillet to the oven; bake until an instant-read thermometer inserted into the thickest portion registers 165°F, about 15 minutes. Transfer the chicken to a cutting board and let stand for 5 minutes.

4. Meanwhile, combine ½ cup avocado, cilantro, sour cream, lime juice, jalapeño and the remaining ½ teaspoon garlic powder and ¼ teaspoon salt in a food processor. Process until smooth, about 2 minutes.

5. Slice the chicken. Place the lettuce in a large bowl or on a large platter. Top with bell peppers, onion, sliced chicken, cheese, tortilla chips and the remaining 1½ cups avocado. Garnish with cilantro leaves, if desired, and serve with the dressing.

SERVINGS 4 **SERVING SIZE** 3 CUPS SALAD & 3 TBSP. DRESSING **CALORIES** 545 **CARBOHYDRATES** 34G **DIETARY FIBER** 16G **TOTAL SUGARS** 10G **PROTEIN** 41G **TOTAL FAT** 30G **SATURATED FAT** 9G **SODIUM** 533MG

Soy-Lime Beef & Cabbage Salad

ACTIVE TIME: 35 min
TOTAL TIME: 35 min

Using ready-made slaw mix in this crunchy salad cuts down on prep time. And because it uses lean ground beef, this savory main dish is full of iron and B vitamins

- 4 cups packaged shredded broccoli slaw mix
- 3 cups packaged shredded cabbage with carrot (coleslaw mix)
- 3 medium red sweet peppers, cut into bite-size strips
- ¾ cup bias-sliced snow pea pods
- ½ cup thinly sliced red onion
- ½ cup light mayonnaise
- ⅓ cup light Asian salad dressing
- 3 tablespoons rice vinegar
- 2 tablespoons lime juice
- 2 tablespoons reduced-sodium soy sauce
- 1 pound lean ground beef (95% lean)
- ½ cup sliced green onions
- ¼ cup fresh cilantro leaves
- 1 jalapeño chile pepper, seeded (if desired) and sliced (optional)

1. Combine broccoli slaw mix, coleslaw mix, sweet peppers, snow pea pods and red onion in a large bowl. Add mayonnaise and Asian dressing; stir to coat.
2. Combine rice vinegar, lime juice and soy sauce in a small bowl.
3. Coat a large nonstick skillet with cooking spray and heat skillet over medium heat. Add ground beef; cook until browned. Drain off fat. Stir in soy mixture; cook until liquid is nearly evaporated. Remove from heat. Stir in green onions.
4. Serve meat mixture over slaw mixture. Top with cilantro and, if desired, jalapeño pepper.

SERVINGS 6 **SERVING SIZE** 1⅓ CUPS **CALORIES** 239 **CARBOHYDRATES** 17G **DIETARY FIBER** 3G **TOTAL SUGARS** 9G **PROTEIN** 19G **TOTAL FAT** 10G **SATURATED FAT** 3G **SODIUM** 555MG

Composed Salad with Pickled Beets & Smoked Tofu

ACTIVE TIME: 15 min
TOTAL TIME: 30 min

This is an artful arrangement of greens, hard-boiled egg, smoked tofu, beets and snap peas drizzled with a cool, creamy dill dressing.

- ½ cup reduced-fat sour cream
- ¼ cup chopped fresh dill
- 2 tablespoons lemon juice
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 6 cups torn Boston or Bibb lettuce
- 2 cups torn radicchio
- 4 hard-boiled eggs, peeled and quartered
- 2 medium tomatoes, cut into wedges
- 8 ounces baked smoked tofu, diced
- 1 cup diced pickled beets
- 2 cups sugar snap peas, trimmed and halved

1. Combine sour cream, dill, lemon juice, salt and pepper in a small bowl

2. Combine lettuce and radicchio in a large bowl; divide among 4 large plates and top with equal portions of hard-boiled egg, tomato wedges, tofu, beets and snap peas. Drizzle about 2 tablespoons of dressing over each salad

SERVINGS 4 **SERVING SIZE** ABOUT 2 CUPS **CALORIES** 268 **CARBOHYDRATES** 22G **DIETARY FIBER** 5G **TOTAL SUGARS** 13G **PROTEIN** 19G **TOTAL FAT** 12G **SATURATED FAT** 4G **SODIUM** 418MG

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Green Goddess Salad with Chickpeas

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

The healthy green goddess dressing for this recipe is made from avocado, buttermilk and fresh herbs. Make a double batch to use for another salad or drizzle over grilled vegetables.

Dressing

- ½ medium avocado
- ⅓ cup buttermilk
- 2 tablespoons lemon juice (from 1 large lemon)
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 tablespoon chopped fresh chives
- 1 tablespoon chopped fresh tarragon
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 medium clove garlic, chopped (1 teaspoon)

Salad

- 5 cups chopped romaine lettuce
- 1 cup sliced cucumber
- 1 cup cherry tomatoes, halved
- 1 (15 ounce) can no-salt-added chickpeas, rinsed (about 1½ cups)
- ½ cup crumbled feta cheese, divided

1. Scoop avocado into a blender. Add buttermilk, lemon juice, parsley, chives, tarragon, salt, pepper and garlic; puree until smooth.
2. Combine lettuce, cucumber, tomatoes, chickpeas and ¼ cup feta in a large bowl. Add the dressing and toss to coat. Top with the remaining ¼ cup feta.

SERVINGS 4 **SERVING SIZE** ABOUT 1½ CUPS **CALORIES** 203 **CARBOHYDRATES** 25G **DIETARY FIBER** 8G **TOTAL SUGARS** 7G **PROTEIN** 10G **TOTAL FAT** 8G **SATURATED FAT** 3G **SODIUM** 329MG

Tuna Niçoise Salad

ACTIVE TIME: 45 min
TOTAL TIME: 50 min

This salad features all the classic niçoise ingredients and flavors with a bright lemony dressing and uses fresh seared tuna in place of canned. The tuna will be rare in the center—add an extra 2 to 3 minutes per side if you prefer more doneness.

- **10 ounces baby yellow or red potatoes (about 2 cups), scrubbed**
- **1 cup fresh green beans, halved crosswise**
- **3 tablespoons fresh lemon juice**
- **2 tablespoons finely chopped shallot**
- **1 teaspoon Dijon mustard**
- **½ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **5 tablespoons extra-virgin olive oil, divided**
- **1 tablespoon chopped fresh flat-leaf parsley**
- **1 (8 ounce) fresh tuna steak**
- **8 cups torn green leaf or Bibb lettuce**
- **2 hard-boiled eggs, peeled and halved lengthwise**
- **1 cup halved cherry tomatoes**
- **½ cup pitted Niçoise olives**

1. Place a steamer basket in the bottom of a large pot and add water to just below the bottom of the basket. Cover and bring to a boil over high heat. Add potatoes to the basket and reduce heat to medium; cook, covered, until tender, about 15 minutes. (Do not remove pot from heat.) Transfer potatoes to a plate and let cool for about 10 minutes.

2. Meanwhile, add green beans to the basket; cook over medium heat, covered, until tender-crisp, about 5 minutes. Transfer the beans to the plate with the potatoes. Cut the cooled potatoes in half crosswise.

3. Whisk lemon juice, shallot, mustard and ¼ teaspoon each salt and pepper in a medium bowl until smooth. Whisking constantly, gradually drizzle in 4 tablespoons oil. Whisk in parsley until combined.

4. Pat tuna dry; sprinkle with the remaining ¼ teaspoon each salt and pepper. Heat the remaining 1 tablespoon oil in a medium nonstick skillet over medium heat. Add the tuna and cook, turning once, until lightly browned, about 2 minutes per side. Transfer to a clean cutting board and let rest for 5 minutes. Slice ½ inch thick against the grain.

5. Arrange lettuce on a platter or 4 plates; top with the sliced tuna, halved potatoes, green beans, eggs, tomatoes and olives. Drizzle evenly with the dressing and serve immediately.

SERVINGS 4 **SERVING SIZE** 3 CUPS SALAD, 2 OZ. TUNA & 2 TBSP. DRESSING **CALORIES** 356 **CARBOHYDRATES** 19G **DIETARY FIBER** 3G **TOTAL SUGARS** 3G **PROTEIN** 20G **TOTAL FAT** 23G **SATURATED FAT** 3G **SODIUM** 640MG

6 Salad Toppings with More Protein Than an Egg

Give your greens a protein boost with these easy hacks.

BY ELIZABETH SHAW, M.S., RDN, CPT

Eggs long ago took their place as a classic salad topper, thanks to their solid nutrient profile and their 6 grams of high-quality protein. But they're far from the only option. Plenty of convenient, affordable and easy-to-add ingredients offer even more protein per serving than eggs do, and many of them are accessible whether you're at home, at work or on the go.

Canned Salmon
A superstar when it comes to protein, healthy fat and solid nutrition, canned salmon is a pantry staple. Plus, it packs a whopping 19 grams of protein in a 3-ounce serving. Draining the salmon first will help with the fishy smell, but just know you're also losing a little bit of those heart-healthy omega-3s when you do this. Instead, consider mixing the salmon into mayonnaise-based salad and topping your greens with that.

Cottage Cheese
Cottage cheese fans, this is your reminder that you don't have to just eat it with a spoon to meet your macros for the day. Cottage cheese is one of my go-to protein hacks when I need a quick boost on my salad. In a ½-cup serving of cottage cheese, you get a full 14 grams of quality protein. It works well as a dressing too: I like to mix in a little dry ranch seasoning and a squirt of sriracha for a fun flavor that works well with all veggies.

Crispy Lentils
Cooked lentils are a great plant-protein boost that offers 9 grams of protein in a ½-cup serving. But crisping them up in an air fryer (or buying packaged crispy lentils) is a great way to add some serious texture and portability to your protein game on your salad. I recommend keeping a bag of crispy lentils in your desk drawer, so if your salad from the cafeteria needs a little something, you've got it covered.

Pumpkin Seeds
Tiny but mighty, pumpkin seeds (also called pepitas) provide 8 grams of protein in a 1-ounce serving. They also provide more than 2 milligrams of plant-based iron. Adding them to your salad is a great way to increase the nutrient density. And they're convenient, meaning you can open a bag and toss them directly on top. Consider using a citrus dressing for the added vitamin C to help your body better absorb the nonheme iron from the seeds, too!

Roasted Lupini Beans
Known for their high protein and fiber content, lupini beans are a staple in many Mediterranean regions. Similar in size and shape to lima beans, lupini beans add quite a bit of volume to salads, offering up 11 grams of protein and 3 grams of fiber in a 90-gram serving (roughly 44 beans). You can enjoy them cooked (you can usually find them jarred in liquid at most markets) or roasted for extra texture on your salads.

Tofu "Feta" Cubes
Tofu is an easy way to boost your protein intake, with a 3-ounce portion offering 9 grams of protein. While you can certainly enjoy it stir-fried, that's an extra step you may not have time for in the moment. Instead, during meal prep, marinate extra-firm tofu in olive oil and Greek seasoning and set in the fridge. This is a fantastic way to mimic feta and add a solid boost of protein to a salad.

MAKE AND TAKE

These easy recipes are packed with hearty ingredients that travel well to work and school or to share with friends.

Spinach & Artichoke Salad with Parmesan Vinaigrette

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

Inspired by the classic party dip, this salad can be served up right away or divided for a week of lunches. Add the egg just before serving or in the morning when packing your lunch to go.

- 1 (15 ounce) can quartered artichoke hearts
- ⅓ cup freshly grated Parmesan cheese
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons white-wine vinegar
- ½ teaspoon finely chopped garlic
- ½ teaspoon Dijon mustard
- Salt and freshly ground pepper, to taste
- 1 (5 ounce) package baby spinach (about 6 cups)
- 6 hard-boiled eggs
- ¼ cup chopped unsalted pistachios

1. Line a sheet pan with paper towels or a clean dish towel. Drain artichokes in a wire-mesh strainer and rinse well under cold water; drain again. Arrange in a single layer on the prepared pan (to remove moisture); set aside.
2. Whisk together Parmesan, oil, vinegar, garlic and mustard. Season with salt and pepper. Transfer 2 tablespoons vinaigrette into each of 4 small lidded containers.
3. Divide the artichokes among the 4 containers. Top each with one-fourth of the spinach. Seal the containers and refrigerate for up to 4 days.
4. Slice 1½ hard-boiled eggs and add to the meal-prep container. Dress with vinaigrette and sprinkle with 1 tablespoon pistachios just before serving.

SERVINGS 4 **SERVING SIZE** 1 CONTAINER **CALORIES** 324 **CARBOHYDRATES** 12G **DIETARY FIBER** 4G **TOTAL SUGARS** 1G **PROTEIN** 16G **TOTAL FAT** 24G **SATURATED FAT** 5G **SODIUM** 561MG

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Make-Ahead Cabbage Salad

ACTIVE TIME: 30 min
TOTAL TIME: 50 min

As this salad sits, the flavors meld together, with the crisp cabbage and tender, nutty farro soaking up the tangy dressing. It's an ideal choice for meal prep or entertaining, as it holds up well and also improves with time, making your life easier and delivering a delicious meal.

- 1½ cups pearled farro
- 3 cups water
- 6 cups shredded green cabbage
- 4 cups broccoli florets (1½-inch; about 1 medium head)
- 1 (15 ounce) can no-salt-added chickpeas, rinsed
- 1 cup crumbled feta cheese
- ½ cup chopped pitted Castelvetrano olives
- ½ cup loosely packed chopped fresh flat-leaf parsley, plus more for garnish
- ¼ cup chopped fresh dill, plus more for garnish
- 1 cup extra-virgin olive oil
- ½ cup coarsely chopped unsalted raw almonds
- 8 small cloves garlic, thinly sliced (about 2 tablespoons)
- 1 teaspoon ground cumin
- 1 teaspoon salt
- ¾ teaspoon crushed red pepper
- 6 tablespoons rice vinegar

1. Place farro in a dry medium saucepan; cook over medium-high heat, shaking the pan occasionally, until very fragrant, 3 to 4 minutes. Add water; bring to a boil over high heat. Reduce heat to medium-low; cover and cook until tender, 20 to 25 minutes. Drain and rinse under cold water until cool, about 1 minute.

2. Transfer the cooled farro to a large bowl. Add cabbage, broccoli, chickpeas, feta, olives, parsley and dill.

3. Wipe the saucepan clean. Add oil; heat over medium heat until shimmering. Add almonds; cook, stirring often, until lightly toasted, 2 to 3 minutes. Add garlic, cumin, salt and crushed red pepper; cook, stirring constantly, until fragrant, about 1 minute. Immediately pour over the vegetable mixture in the bowl. Add vinegar; gently toss to combine. Garnish with additional parsley and dill, if desired.

SERVINGS 6 **SERVING SIZE** ABOUT 2¼ CUPS **CALORIES** 785 **CARBOHYDRATES** 69G **DIETARY FIBER** 16G **TOTAL SUGARS** 12G **PROTEIN** 21G **TOTAL FAT** 51G **SATURATED FAT** 10G **SODIUM** 797MG

Sweet Potato, Kale & Chicken Salad with Peanut Dressing

ACTIVE TIME: 15 min
TOTAL TIME: 45 min

This hearty salad is perfect for meal-prep lunches. Wait until serving to dress the salad and top with peanuts.

- 1 pound sweet potatoes (about 2 medium), scrubbed and cut into 1-inch cubes
- 1½ teaspoons extra-virgin olive oil
- ¼ teaspoon kosher salt
- ⅛ teaspoon ground pepper
- ½ cup smooth unsweetened natural peanut butter
- ¼ cup reduced-sodium tamari or soy sauce
- ¼ cup fresh lime juice
- 2 tablespoons water
- 1 tablespoon honey
- 1 teaspoon minced garlic
- 6 cups chopped curly kale
- 2 cups shredded cooked chicken breast
- ¼ cup chopped unsalted peanuts

1. Preheat oven to 425°F. Line a rimmed baking sheet with foil, lightly coat with cooking spray. Set aside.
2. Toss sweet potatoes with oil, salt and pepper in a large bowl. Arrange the potatoes in a single layer on the baking sheet. Roast, turning once, until tender and lightly browned and crispy, about 20 minutes. Set aside to cool before assembling bowls.
3. Whisk peanut butter, tamari (or soy sauce), lime juice, water, honey and garlic in a jar. Transfer 2 tablespoons dressing into each of 4 small lidded containers; refrigerate for up to 4 days.
4. Divide kale among 4 single-serving containers (about 1½ cups each). Top each with one-fourth of the roasted sweet potatoes and ½ cup chicken. Seal the containers and refrigerate for up to 4 days.
5. Just before serving, drizzle each salad with 1 portion of dressing and toss to coat. Top with 1 tablespoon chopped peanuts.

SERVINGS 4 **SERVING SIZE** 1 CONTAINER **CALORIES** 393 **CARBOHYDRATES** 32G **DIETARY FIBER** 6G **TOTAL SUGARS** 8G **ADDED SUGARS** 2G **PROTEIN** 30G **TOTAL FAT** 15G **SATURATED FAT** 3G **SODIUM** 566MG

Mason Jar Salad

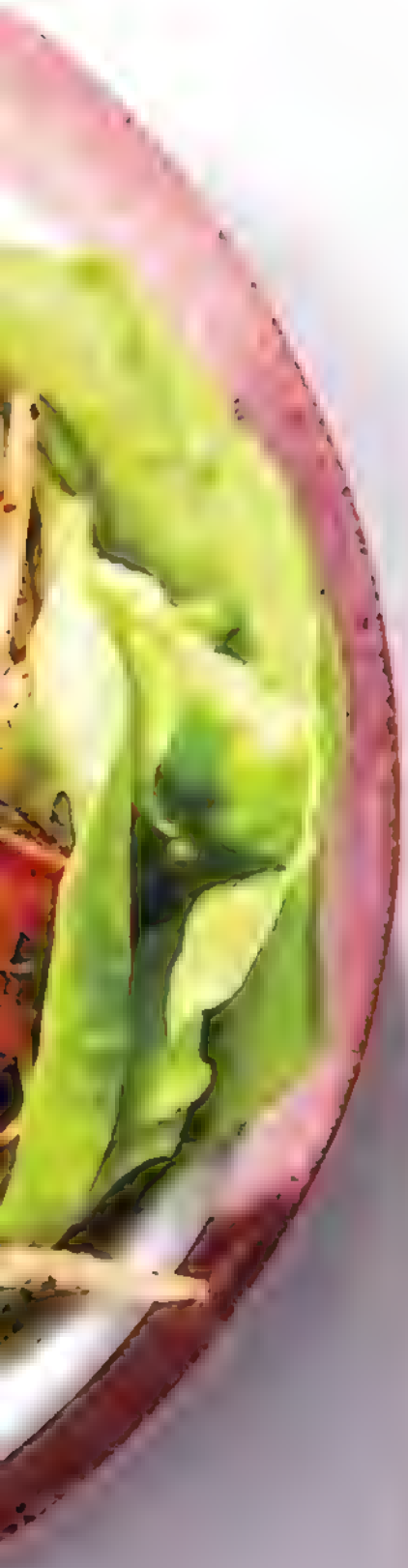
ACTIVE TIME: 10 min
TOTAL TIME: 10 min

Mason jars make for convenient lunches that can easily be taken on the go or enjoyed at home. With just a few ingredients, you have a well-rounded lunch salad packed with fiber, protein and micronutrients.

- ½ cup extra-virgin olive oil
- ½ cup balsamic vinegar
- ¼ cup chopped shallot
- 1 tablespoon Dijon mustard
- 1 teaspoon Italian seasoning
- ½ teaspoon salt
- ½ teaspoon ground pepper
- ¼ cup shredded carrot
- ¼ cup sliced radishes
- ¼ cup sliced cucumber
- 2 large hard-boiled eggs, halved
- ¼ cup nonfat shredded Cheddar cheese
- 1 cup mixed salad greens

1. Whisk oil, vinegar, shallot, mustard, Italian seasoning, salt and pepper together in a large bowl. Pour 2 tablespoons of the vinaigrette into a 1-quart mason jar. (Reserve the remaining dressing for another use.)
2. Add carrot, radishes, cucumber, eggs and Cheddar to the jar. Top with salad greens. Cover and refrigerate for up to 3 days. When ready to eat, shake the jar until the vinaigrette is evenly distributed.

SERVINGS 1 **SERVING SIZE** 1 JAR
CALORIES 373 **CARBOHYDRATES** 23G
DIETARY FIBER 7G **TOTAL SUGARS** 11G
PROTEIN 26G **TOTAL FAT** 20G
SATURATED FAT 5G **SODIUM** 721MG



CHEF ORIGINALS

Noted chefs developed these delicious recipes that combine texture and flavor in perfect harmony.

Strawberry & Bean Sprout Salad with Spiced Potatoes

By Raghavan Iyer

ACTIVE TIME: 25 min
TOTAL TIME: 25 min

This combo may seem wild, but it works. Chef Iyer developed it to have everything he thought a perfect recipe should: a balance of heat, sweetness, a little pucker and a hit of salt, combined with a tango of textures

- **3 dried small red chiles, such as chile de arbol, stemmed**
- **2 teaspoons coriander seeds**
- **1 teaspoon cumin seeds**
- **2 tablespoons canola oil**
- **2 medium yellow or russet potatoes, peeled and cut into 1-inch cubes**
- **¾ teaspoon kosher salt, divided**
- **1 (7 ounce) package mung bean sprouts**
- **1½ cups medium strawberries, quartered**
- **¼ cup finely chopped fresh cilantro**
- **2 tablespoons lime juice**
- **Butter lettuce for serving**

1. Heat a large skillet over medium-high heat. Add chiles, coriander seeds and cumin seeds. Toast, shaking the pan frequently, until the chiles blacken and the seeds turn reddish brown, 1 to 2 minutes. Transfer to a small bowl

2. Add oil to the pan and heat over medium-high until shimmering. Add potatoes and ½ teaspoon salt; cook, stirring occasionally, until crispy and cooked through, 8 to 12 minutes. Transfer to a medium bowl

3. Meanwhile, finely grind the chiles and spices in a clean spice grinder or with a mortar and pestle

4. Add the ground spices to the potatoes along with sprouts, strawberries, cilantro, lime juice and the remaining ¼ teaspoon salt. Scoop the salad onto lettuce leaves and serve at room temperature.

SERVINGS 4 **SERVING SIZE** 1¼ CUPS **CALORIES** 167 **CARBOHYDRATES** 23G **DIETARY FIBER** 4G **TOTAL SUGARS** 5G **PROTEIN** 4G **TOTAL FAT** 8G **SATURATED FAT** 1G **SODIUM** 367MG

Collard Green Salad with Peanut Vinaigrette

By Dawn Burrell

ACTIVE TIME: 30 min
TOTAL TIME: 40 min

Here, raw collard greens are massaged with a tangy peanut vinaigrette—featuring lime juice, ginger and fish sauce—to tenderize the leaves, as you would do with kale.

Peanut Vinaigrette

- 2 tablespoons cane vinegar or white balsamic vinegar
- 1 tablespoon lime juice
- 1 clove garlic, crushed and peeled
- 1 teaspoon grated fresh ginger
- ¼ small shallot, sliced
- 1 tablespoon turbinado sugar
- 1 teaspoon fish sauce or crawfish powder
- ½ teaspoon salt
- ¼ teaspoon crushed red pepper
- ¼ cup unsalted roasted peanuts
- ¼ cup water, plus more if needed
- ⅓ cup extra-virgin olive oil

Salad

- 1 cup thinly sliced cucumber
- 1¾ teaspoons salt, divided
- 1¾ teaspoons granulated sugar, divided
- 1 pint cherry tomatoes, halved
- 1 cup thinly sliced red onion
- 1¼ pounds collard greens or kale, stemmed and chopped (8 cups)
- 4 hard-boiled eggs, crumbled
- 1 avocado, cubed
- ½ cup unsalted roasted peanuts, crushed

1. To prepare vinaigrette: Combine vinegar, lime juice, garlic, ginger, shallot, turbinado, fish sauce (or crawfish powder), salt and crushed red pepper in a blender. Blend until smooth. Add peanuts and water. Blend until smooth. If necessary, add more water to make the mixture move. With the motor running, slowly drizzle in oil until emulsified.

2. To prepare salad: Place cucumber in a fine-mesh sieve set over a bowl and sprinkle with 1½ teaspoons each salt and granulated sugar; toss to coat. Let sit for 15 minutes. Rinse and drain on a paper towel. Place tomatoes in a medium bowl and sprinkle with the remaining ¼ teaspoon each salt and sugar. Place onion in a small bowl and cover with water. Drain and repeat 3 times. Drain on a paper towel.

3. Place greens in a large bowl. Add the vinaigrette and massage it into the greens until softened. Add the cucumber, tomatoes and onion and toss to coat. Serve topped with eggs, avocado and crushed peanuts.

SERVINGS 4 **SERVING SIZE** 2½ CUPS
CALORIES 565 **CARBOHYDRATES** 26G
DIETARY FIBER 10G **TOTAL SUGARS** 12G
ADDED SUGARS 4G **PROTEIN** 18G
TOTAL FAT 46G **SATURATED FAT** 8G
SODIUM 750MG

Steak, White Kimchi & Forbidden Rice Salad

By Anthony Myint

ACTIVE TIME: 45 min
TOTAL TIME: 1 hr

This salad doesn't feature a typical dressing, but tangy kimchi, savory pan-fried shallots and lemon juice pack it with flavor

- **8 ounces hanger or boneless rib-eye steak, trimmed**
- **¾ teaspoon salt, divided**
- **¾ cup plus 2 tablespoons water**
- **½ cup forbidden rice or brown rice**
- **5 tablespoons extra-virgin olive oil, divided, plus more to taste**
- **1 cup thinly sliced shallots**
- **2 cups sliced shiitake mushrooms**
- **4 scallions, trimmed and cut into ½-inch pieces**
- **1 large ripe avocado, cubed**
- **½ cup white kimchi (baek kimchi) or fresh sauerkraut, drained**
- **4 cups tatsoi, spinach or other tender greens**
- **1 tablespoon lemon juice**
- **¼ cup toasted sunflower seeds**

1. Sprinkle steak with ¼ teaspoon salt; set aside for 30 minutes or refrigerate for up to 1 day.
2. Bring water to a boil in a small saucepan. Add rice, reduce heat to low, cover and cook until the water is just absorbed, about 30 minutes for forbidden rice or 40 minutes for brown rice. Stir in 1 tablespoon oil and ¼ teaspoon salt and spread the rice on a baking sheet to cool.
3. Meanwhile, separate shallot slices into rings. Heat 3 tablespoons oil in a medium skillet over medium heat. Add shallots and cook, stirring often, until browned and crispy, 6 to 8 minutes. Using a slotted spoon, transfer the shallots to a plate; set aside.
4. Add mushrooms and ⅛ teaspoon salt to pan; cook, stirring occasionally, until browned, about 5 minutes. Add scallions and cook, stirring, until tender, about 1 minute. Transfer to a large bowl.
5. Add the remaining 1 tablespoon oil to the pan. Cook the steak, turning once and adjusting the heat as necessary, until browned and an instant-read thermometer inserted in the thickest part registers 135°F, 3 to 4 minutes per side. Transfer to a clean cutting board and let rest for 10 minutes. Cut into cubes.
6. Transfer the rice to the bowl with the vegetables and add avocado, kimchi (or sauerkraut) and the steak; mix to combine. Divide among 4 shallow bowls.
7. Add greens to the large bowl and toss with lemon juice and the remaining ⅛ teaspoon salt.
8. Top the rice mixture with the greens, the reserved shallots and sunflower seeds. Drizzle with more oil, if desired.

SERVINGS 4 **SERVING SIZE** 2 CUPS
CALORIES 495 **CARBOHYDRATES** 36G
DIETARY FIBER 10G **TOTAL SUGARS** 4G
PROTEIN 20G **TOTAL FAT** 32G **SATURATED FAT** 5G **SODIUM** 582MG

Steak Salad with Charred Onion Vinaigrette & Garlic-Cumin Yogurt

By Steven Satterfield
ACTIVE TIME: 55 min
TOTAL TIME: 55 min

The James Beard Award–winning chef of Atlanta's Miller Union is known for showcasing seasonal produce from local farmers in simple preparations. This salad is one example of that ethos. It's a hit whenever a version is offered on the restaurant's lunch menu.

- 1½ teaspoons ground cumin, divided
- 1¼ teaspoons ground pepper, divided
- 1 teaspoon ground coriander
- 1 teaspoon kosher salt, divided
- ½ teaspoon paprika
- ½ teaspoon crushed red pepper
- 1 pound skirt or flank steak
- ½ medium red onion, peeled, root end left intact
- ½ teaspoon extra-virgin olive oil plus 3½ tablespoons, divided
- 2 tablespoons red-wine vinegar
- ½ teaspoon honey
- ½ teaspoon whole-grain mustard
- 1 cup low-fat plain strained (Greek-style) yogurt
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice
- 1 small clove garlic, grated
- 1 head romaine lettuce, cut lengthwise into 4 wedges
- 1 pint cherry tomatoes, halved
- 2 mini cucumbers, diced
- 1 tablespoon chopped fresh mint
- 1 tablespoon chopped fresh chives

1. Preheat grill to medium-high
2. Combine 1 teaspoon each cumin and pepper with coriander, ½ teaspoon salt, paprika and crushed red pepper in a small bowl. Sprinkle on both sides of steak. Let stand at room temperature for 10 minutes.
3. Meanwhile, brush onion with ½ teaspoon oil. Grill the onion, turning once, until charred on both sides, about 20 minutes total. Transfer to a small bowl, cover with plastic wrap and let steam until completely soft, about 10 minutes. Trim the root end and finely chop the onion.
4. Whisk vinegar, honey, mustard and ¼ teaspoon salt with the remaining 3½ tablespoons oil and ¼ teaspoon pepper in a small bowl until smooth. Stir in the onion.
5. Grill the steak to desired doneness, 1 to 3 minutes per side for medium rare. Transfer to a clean cutting board and let rest for 5 minutes before slicing.
6. Whisk yogurt, lemon zest, lemon juice and garlic with the remaining ½ teaspoon cumin and ¼ teaspoon salt in a medium bowl.
7. Divide the yogurt mixture among 4 plates. Top each with a lettuce wedge, tomatoes, cucumber, mint, chives and some sliced steak. Drizzle each salad with the onion vinaigrette.

SERVINGS 4 **SERVING SIZE** 2 CUPS
CALORIES 381 **CARBOHYDRATES** 15G
DIETARY FIBER 5G **TOTAL SUGARS** 8G
ADDED SUGARS 1G **PROTEIN** 33G
TOTAL FAT 21G **SATURATED FAT** 5G
SODIUM 594MG

Kale, Pear & Feta Salad

By Cara Chigazola Tobin

ACTIVE TIME: 30 min
TOTAL TIME: 30 min

The crunchy seed topping on this salad is the perfect textural juxtaposition to a creamy dressing, soft pears and tender massaged kale. Tossing it all with mint, feta and red onion gives it the Middle Eastern flair Tobin is known for

- ¼ cup pepitas
- ¼ cup sesame seeds
- ¼ cup sunflower seeds
- 1½ teaspoons extra-virgin olive oil
- ½ teaspoon kosher salt, divided
- ¼ cup whole-milk plain Greek-style yogurt
- 2 tablespoons tahini
- 1 tablespoon water
- 1½ teaspoons cider vinegar
- 1 teaspoon lemon juice
- 10 cups torn stemmed kale leaves (from 2 bunches)
- 1 ripe pear, thinly sliced
- ¼ medium red onion, thinly sliced
- 1 cup fresh mint, divided
- ½ cup crumbled feta cheese

1. Preheat oven to 325°F
2. Spread pepitas, sesame seeds and sunflower seeds on a rimmed baking sheet. Bake, stirring once, until lightly toasted, about 10 minutes. Immediately scrape the seeds into a medium bowl and toss with oil and ⅛ teaspoon salt. Let cool to room temperature, 10 to 15 minutes
3. Meanwhile, whisk yogurt, tahini, water, vinegar, lemon juice and the remaining ⅛ teaspoon salt in a large bowl. Add kale and massage with the dressing to soften the leaves. Add pear, onion and ½ cup mint and toss to combine
4. Serve the salad topped with feta, the remaining ½ cup mint and the seeds.

SERVINGS 4 **SERVING SIZE** 2 CUPS
CALORIES 306 **CARBOHYDRATES** 23G
DIETARY FIBER 8G **TOTAL SUGARS** 7G
PROTEIN 12G **TOTAL FAT** 21G **SATURATED FAT** 5G **SODIUM** 447MG

Summer Greens Salad with Tomato Vinaigrette & Anchovy Breadcrumbs

By Ian Rynecki
ACTIVE TIME: 20 min
TOTAL TIME: 20 min

Using a variety of greens gives this simple salad an interesting mix of textures. The anchovy in the breadcrumbs and sun-dried tomatoes in the vinaigrette are subtle but key to adding umami.

- 1 tablespoon extra-virgin olive oil
- 1 anchovy fillet
- ¼ cup fresh whole-wheat breadcrumbs
- ¼ cup oil-packed sun-dried tomatoes
- ¼ cup white balsamic or sherry vinegar
- ¼ cup grapeseed oil
- 1 tablespoon diced shallot
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- ¼ teaspoon salt
- Ground pepper to taste
- 3 cups torn Little Gem lettuce and/or butter lettuce
- 3 cups red-frill mustard greens and/or frisée
- 1 medium bulb fennel, very thinly sliced
- 4 radishes, very thinly sliced

1. Heat olive oil and anchovy in a small saucepan over medium heat, mashing the anchovy into the oil. Add breadcrumbs and cook, stirring, until crisp, about 2 minutes.

2. Combine tomatoes, vinegar, grapeseed oil, shallot, mustard, honey, salt and pepper in a mini food processor; process until smooth.

3. Combine lettuce, mustard greens (or frisée), fennel and radishes in a large bowl. Add the dressing and toss to coat. Serve sprinkled with the breadcrumbs.

SERVINGS 4 **SERVING SIZE** 1½ cups **CALORIES** 345 **CARBOHYDRATES** 18G **DIETARY FIBER** 4G **TOTAL SUGARS** 8G **ADDED SUGARS** 1G **PROTEIN** 4G **TOTAL FAT** 28G **SATURATED FAT** 2G **SODIUM** 292MG

Asparagus Salad with Smoked Salmon & Meyer Lemon Vinaigrette

By Chris Gould

ACTIVE TIME: 45 min
TOTAL TIME: 45 min

The big punch in this salad comes from gribiche, a creamy French herb sauce with chopped egg. The greens get tossed in a vinaigrette made floral with Meyer lemon.

- 3 cloves garlic, divided
- 1 pound asparagus, trimmed
- 6 tablespoons extra-virgin olive oil, divided
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 1 large hard-boiled egg, chopped
- 2 tablespoons minced shallot
- 1½ tablespoons mayonnaise
- 1 tablespoon rinsed capers, finely chopped
- 1 tablespoon sliced fresh chives
- 1 tablespoon finely chopped fresh parsley
- 1 tablespoon finely chopped fresh tarragon
- Zest and juice of 2 Meyer lemons, divided
- ½ teaspoon honey
- 8 cups watercress
- 4 cups chopped frisée
- 4 cups chopped radicchio
- ⅓ cup sliced red onion
- 6 ounces sliced smoked salmon
- ¼ cup toasted hazelnuts, coarsely chopped

1. Preheat oven to 425°F
2. Lightly crush 2 garlic cloves with the side of a chef's knife. Transfer to a large bowl and add asparagus, 1 tablespoon oil and ¼ teaspoon each salt and pepper; toss to combine. Transfer to a large rimmed baking sheet. Roast, stirring once, until tender, 6 to 8 minutes.
3. Meanwhile, grate the remaining garlic clove into a small bowl. Stir in 1 tablespoon oil, egg, shallot, mayonnaise, capers, chives, parsley, tarragon, ½ teaspoon lemon zest, 2 tablespoons lemon juice and ⅛ teaspoon each salt and pepper.
4. Whisk honey and the remaining 4 tablespoons oil, 1 teaspoon lemon zest, 2 tablespoons lemon juice and ⅛ teaspoon each salt and pepper in the large bowl. Add watercress, frisée, radicchio and onion and toss to combine.
5. Divide the herb sauce among 4 plates. Top with the greens, asparagus, smoked salmon and hazelnuts.

SERVINGS 4 **SERVING SIZE** 2½ CUPS
CALORIES 375 **CARBOHYDRATES** 12G
DIETARY FIBER 4G **TOTAL SUGARS** 3G
ADDED SUGARS 1G **PROTEIN** 14G
TOTAL FAT 31G **SATURATED FAT** 5G
SODIUM 717MG

Why Restaurant Salads Taste Better, According to Chefs

Here's what I learned, and what you can do at home to up your salad game.

BY YEJIN CHOI

I think about salads in terms of their components: the stackable building blocks that are laid down to make the first forkful as tasty and enticing as the last. Looking back at my 15 years in the restaurant industry, I never thought my lasting expertise would be in salad assembly, but here we are.

Before I get into any details, I want to mention that a restaurant salad can only be delicious if it is not considered an afterthought. The end result is the direct manifestation of the effort that is put into its creation. Let's check out the secrets to great salad making without ever having to helm the garde manger station at a restaurant.

Choosing the Ingredients

"The most important thing for me in a salad is crisp, fresh greens," says Joseph Buenconsejo, the chef with whom I co-own Rooted Seeds Catering in Danbury, Connecticut. "They add texture and are the body of the salad." When shopping for salad ingredients, look for the freshest produce you can find. Treat yourself like you're a VIP at your favorite restaurant. The lettuce should be green, the carrots should be firm, the radishes vibrant. Shop with standards, as if the chef is looking over your shoulder. If you're allowed to, feel the produce, and ask for a taste. Get greens and other produce that's at peak-season freshness, and let that dictate what will be in your salad. In other words, keep an open mind. As a bonus, buying produce at peak season will also likely be when it's at its least expensive.

Ideally, don't buy ingredients too far ahead of when you plan to prepare the salad. But if it's convenient to do so, make sure you're storing them correctly.

In the end, if the veggies look sad in the store, no amount of balsamic will make them happy at home.

Prepping the Ingredients

First things first—give your hands a good washing. Greens and veggies should be rinsed in cold water and then dried in a salad spinner or on a dish towel. If you have prewashed greens, sift through them to get rid of the browning leaves, if there are any. The greens should be as dry as possible in order for the dressing or vinaigrette to adhere to them properly for even seasoning. Also, be sure to keep your ingredients in the fridge until you're ready to add them to the salad. Tepid or warm ingredients are the enemy of most good salads—the refreshing and crisp ones!

Choosing the Dressing

Store-bought dressing can usually do the trick, but making dressings or vinaigrettes at home may be easier than you think. Plus, you then have control over important aspects of the dressing, such as the sodium level. When you're ready to make your salad, pour some dressing into a small, chilled bowl and give it a taste. Could that vinaigrette use some freshly cracked black pepper? Lemon zest or juice? Maybe that carrot-ginger dressing could use a splash of fresh orange juice. Seasoning, or reseasoning, your dressing can go a long way.

Assembling the Salad

Let's put everything together. You will need a *large* mixing bowl. I cannot stress this enough—I have seen many cooks sacrifice even distribution because the bowl they were using was too small to handle a thorough tossing, compromising the flavor of the entire salad! If you think your bowl is big enough, get a bigger one. Usually, I will only fill a bowl about halfway or up to three-quarters full with salad ingredients.

Once all your ingredients are in your large mixing bowl (except for the dressing), set out your serving plates, bowls or platters. Unless you're making a warm salad, those serving vessels should be chilled. Too often, I have found myself with a dressing-dripping glove on while reaching for plates or bowls, inadvertently smearing vinaigrette on my cabinets and the serving vessels. Avoid that mess. Plus, salad is time sensitive, and having

your serving plates chilled and at the ready will save you time and enable you to deliver fresher salad.

Your dressing or vinaigrette may be perfectly seasoned, but when it's added to unseasoned or raw vegetables, the overall taste of the salad may turn out bland. Says chef Sagar Bishwokarma, who has worked at popular restaurants such as Nix in New York City and Smashing Grapes in Annapolis, Maryland, "Season as you go, every element of a salad, or any dish really, so that the final product is perfectly seasoned."

This also creates layers of flavor, giving your salad depth. Another way to add layers is by adding prepared ingredients, such as pickles, marinated or grilled veggies or anything brined, like olives or capers.

Oh, and be sure to save some of your salad ingredients (aside from the greens) for finishing touches before serving (more on that in a sec).

After you've seasoned the ingredients, add some dressing, starting with a modest amount and tossing gently with your washed hands or with a wooden spoon and fork to fluff the greens from the bottom up. Once the dressing is thoroughly incorporated, coating all the ingredients, give the salad a taste. Dressings should always be added sparingly, because while more can always be added, if overdressed, it cannot be taken away. (Even croutons may be tossed with the dressing, as long as the salad won't be sitting out long.)

If you like what you taste, then let's plate! Instead of dumping the contents of the bowl onto a platter, gently lay the salad one handful at a time. Start with a wider base, then build on that to stack the salad nicely. Restaurants love to plate food with height—get it fluffy! A thoughtfully composed salad is always more appetizing than one quickly dumped onto a plate.

Last, I like to add some of the ingredients that were used throughout making the salad after plating is completed. Garnishing the salad like this gives it visual appeal and color, plus it lets whoever is eating the salad know what delicious things are folded into the greens.

Our Expert Take

When getting your next salad together, think about choosing fresh ingredients, keeping everything in cold storage until you're ready to create and focusing on seasoning. Make sure your big mixing bowl is big enough, and taste as you go. When you're set to plate, do it quickly but mindfully, and your salad will be restaurant-chef approved.

ON THE SIDE

Pair these tasty side salads with some grilled chicken, a salmon fillet or a hearty steak.

Grilled Eggplant Salad

ACTIVE TIME: 25 min
TOTAL TIME: 25 min

This easy recipe is the healthy side dish you'll want to serve again and again. It can be served warm or at room temperature, so it's equally suited to casual parties and weeknight dinners. The combination of eggplant, cherry tomatoes, red pepper, red onion and fresh herbs creates a salad that's full of bright flavors and colors. Serve it with grilled chicken or fish or as part of a vegetarian mezze platter with hummus and pita bread.

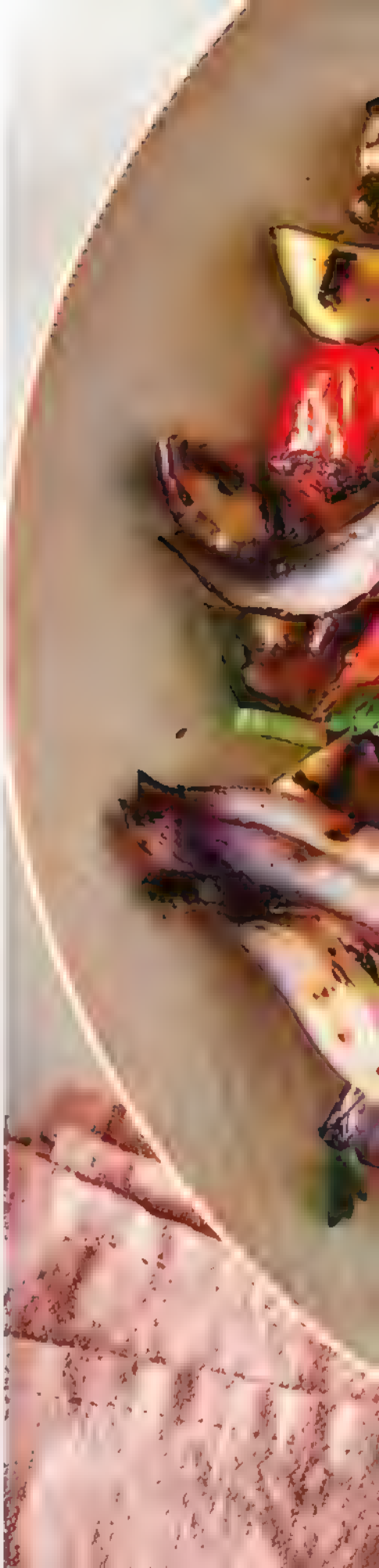
- ¼ cup olive oil
- 2 teaspoons za'atar
- 1 teaspoon lemon zest, plus 3 tablespoons lemon juice (from 1 lemon), divided
- 1 medium eggplant (about 1 pound), cut into ½-inch-thick slices
- 1 medium red bell pepper, stemmed, seeded and quartered lengthwise
- ½ medium red onion, peeled and cut into 1-inch wedges through the root
- 1 cup halved cherry tomatoes
- ¾ cup coarsely chopped fresh flat-leaf parsley
- ¼ cup thinly sliced scallions
- ¼ cup coarsely chopped fresh mint
- ½ teaspoon salt

1. Preheat grill to medium-high. Combine oil, za'atar and lemon zest in a small bowl. Brush 1 side of eggplant slices with half of the oil mixture; reserve the remaining mixture. Grill the eggplant, uncovered, turning often, until tender and grill marks appear on both sides, about 5 minutes total. Cut the eggplant into ¼-inch pieces and transfer to a large bowl.

2. Coat bell pepper and onion with cooking spray. Grill, uncovered, until tender and charred, about 5 minutes. Chop the pepper into ¾-inch pieces. Remove and discard onion stem. Add the pepper, onion, tomatoes, parsley, scallions and mint to the bowl with the eggplant.

3. Add the lemon juice and salt to the reserved oil mixture; whisk to combine. Drizzle over the vegetables and toss to coat.

SERVINGS 4 **SERVING SIZE** 1 CUP
CALORIES 191 **CARBOHYDRATES** 14G
DIETARY FIBER 6G **TOTAL SUGARS** 7G
PROTEIN 3G **TOTAL FAT** 15G **SATURATED FAT** 2G **SODIUM** 306MG



Mango & Avocado Salad

ACTIVE TIME: 10 min
TOTAL TIME: 10 min

Sweet, bright mango goes beautifully with creamy, rich avocado. There is just a touch of heat from the chile-lime seasoning; if you want to kick it up a notch, add a thinly sliced habanero.

- 2 tablespoons chopped shallot
- 2 tablespoons fresh lime juice
- 1 tablespoon grapeseed oil
- 1 tablespoon honey
- 2 teaspoons chile-lime seasoning, such as Tajín
- ¼ teaspoon salt
- 2 large mangoes, thinly sliced
- 2 large ripe avocados, thinly sliced
- 1 habanero chile, thinly sliced (optional)
- Chopped fresh cilantro for serving

Combine shallot, lime juice, oil, honey, chile-lime seasoning and salt in a large bowl. Add mangoes, avocados and, if using, habanero; toss to coat. Sprinkle with cilantro, if desired.

SERVINGS 6 **SERVING SIZE** ⅔ CUP
CALORIES 209 **CARBOHYDRATES** 26G
DIETARY FIBER 6G **TOTAL SUGARS** 19G
ADDED SUGARS 3G **PROTEIN** 2G
TOTAL FAT 13G **SATURATED FAT** 2G
SODIUM [illegible]

Spicy Cucumber Salad with Chili Oil

ACTIVE TIME: 10 min
TOTAL TIME: 10 min

The cucumbers retain their crunch in this spicy salad. We use chili crisp, an oil-based condiment with crispy bits of chili; it adds crunch, heat and flavor to the cooling cucumbers. Smashing the cucumbers helps them absorb the complex flavors of the dressing.

- **6 Persian cucumbers**
- **2 tablespoons chopped fresh cilantro**
- **1 tablespoon rice vinegar**
- **1 tablespoon chili crisp**
- **2 teaspoons finely minced fresh ginger**
- **2 teaspoons reduced-sodium soy sauce**
- **2 teaspoons sesame oil**
- **1 teaspoon granulated sugar**

1. Place cucumbers on a cutting board and smash with the flat side of a chef's knife or a rolling pin until cracked. Cut the cucumbers into bite-size pieces; transfer to a medium bowl.
2. Combine cilantro, vinegar, chili crisp, ginger, soy sauce, sesame oil and sugar in a small bowl. Add to the cucumbers and toss to combine.

SERVINGS 4 **SERVING SIZE** ABOUT ¾ CUP **CALORIES** 69 **CARBOHYDRATES** 6G **DIETARY FIBER** 1G **TOTAL SUGARS** 3G **ADDED SUGARS** 1G **PROTEIN** 1G **TOTAL FAT** 5G **SATURATED FAT** 1G **SODIUM** 133MG

Roasted Cauliflower Salad with Lemon-Garlic Vinaigrette

ACTIVE TIME: 20 min
TOTAL TIME: 30 min

This flavorful side dish pairs with pretty much everything. The cauliflower is roasted alongside sweet bell pepper until golden and caramelized, giving it a nutty flavor. It's tossed with fresh herbs, leafy greens and briny feta cheese for an extra-creamy texture. This salad can be served warm or at room temperature.

- 6 cups cauliflower florets (about 1 cup)
- 1 small red bell pepper, sliced (about 1 cup)
- 5 tablespoons extra-virgin olive oil, divided
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 2 tablespoons lemon juice
- 1 small clove garlic, grated (¼ teaspoon)
- 2 teaspoons honey
- ½ teaspoon Dijon mustard
- 2 packed cups spring mix salad greens
- ½ cup sliced red onion
- ¼ cup chopped mixed fresh tender herbs (such as mint, dill and/or flat-leaf parsley)
- 3 ounces feta in brine, cubed (½-inch, about ⅔ cup), divided

1. Preheat oven to 450°F. Line a large rimmed baking sheet with parchment paper.

2. Toss the cauliflower, bell pepper, 1 tablespoon oil, ¼ teaspoon salt and ¼ teaspoon pepper together in a large bowl until well coated. Spread vegetables an even layer on the prepared baking sheet. Roast until the cauliflower is just tender and golden brown in some spots, about 20 minutes. Let cool for 5 minutes.

3. Meanwhile, whisk the lemon juice, garlic, honey, mustard and the remaining 4 tablespoons oil, ¼ teaspoon salt and ¼ teaspoon pepper together in a small bowl until emulsified.

4. Transfer the roasted cauliflower mixture to a large serving bowl, add salad greens, onion, herbs and ⅓ cup feta. Drizzle with vinaigrette just before serving, toss to combine, then top with the remaining ⅓ cup feta.

SERVINGS 8 **SERVING SIZE** 1 CUP
CALORIES 128 **CARBOHYDRATES** 6G
DIETARY FIBER 1G **TOTAL SUGARS** 4G
ADDED SUGARS 2G **PROTEIN** 3G
TOTAL FAT 11G **SATURATED FAT** 3G
SODIUM 252MG

High-Protein Creamy Cucumber Salad

ACTIVE TIME: 10 min
TOTAL TIME: 10 min

This salad features cottage cheese as its creamy base, replacing the traditional mayonnaise or sour cream. Crisp cucumber slices are folded into the mix for a light yet satisfying texture packed with protein. It makes a perfect cooling side dish.

- 3 large cucumbers, thinly sliced (about 7½ cups)
- ½ cup thinly sliced red onion
- 1 cup 1% low-fat cottage cheese
- 3 tablespoons white vinegar
- 2 tablespoons thinly sliced fresh chives
- 2 tablespoons chopped fresh dill, plus fronds for garnish
- ⅛ teaspoon salt
- ¼ teaspoon ground pepper

1. Toss cucumbers and onion together in a large bowl.

2. Combine cottage cheese, vinegar, chives, dill, salt and pepper in a blender; process until mixture is smooth and thick, about 1 minute.
3. Transfer mixture to the bowl with cucumbers and onions; stir until well coated. When ready to serve, garnish with dill fronds, if desired.

SERVINGS 4 **SERVING SIZE** 2 CUPS **CALORIES** 88 **CARBOHYDRATES** 12G **DIETARY FIBER** 2G **TOTAL SUGARS** 6G **PROTEIN** 9G **TOTAL FAT** 1G **SATURATED FAT** 0G **SODIUM** 298MG

Carrot-Cucumber Salad

ACTIVE TIME: 20 min
TOTAL TIME: 2 hr 20 min

Carrot salads are refreshing, and this one—with cucumber, red onion and a zesty cilantro-chile vinaigrette—is sure to become a new favorite. It's excellent served with grilled fish.

- ¼ cup rice vinegar
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon toasted sesame oil
- ¼ teaspoon salt
- ⅛ teaspoon chipotle chile powder
- ⅛ teaspoon ground pepper
- 1 medium cucumber, sliced into ¼-inch half-moons
- 2 medium carrots, cut into matchsticks (1 cup)
- ½ small red onion, thinly sliced (½ cup)

Whisk vinegar, cilantro, sesame oil, salt, chipotle powder and pepper together in a large bowl. Stir in cucumber, carrots and onion. Toss to coat. Cover and refrigerate for at least 2 hours (and up to 4 hours) before serving.

SERVINGS 4 **SERVING SIZE** 1 CUP
CALORIES 57 **CARBOHYDRATES** 6G
DIETARY FIBER 1G **TOTAL SUGARS** 3G
PROTEIN 1G **TOTAL FAT** 4G **SATURATED FAT** 1G **SODIUM** 157MG

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Broccoli-Apple Crunch Salad

ACTIVE TIME: 20 min
TOTAL TIME: 50 min

This crisp, colorful salad proves that broccoli is just as delicious raw as it is roasted. A tangy apple-cider vinaigrette, brightened with Dijon and honey, softens the bite of the raw florets and shallot as they marinate in the fridge. Just before serving, thin Honeycrisp slices, shredded sharp Cheddar and crunchy sunflower seeds add a sweet-salty-crunchy finish.

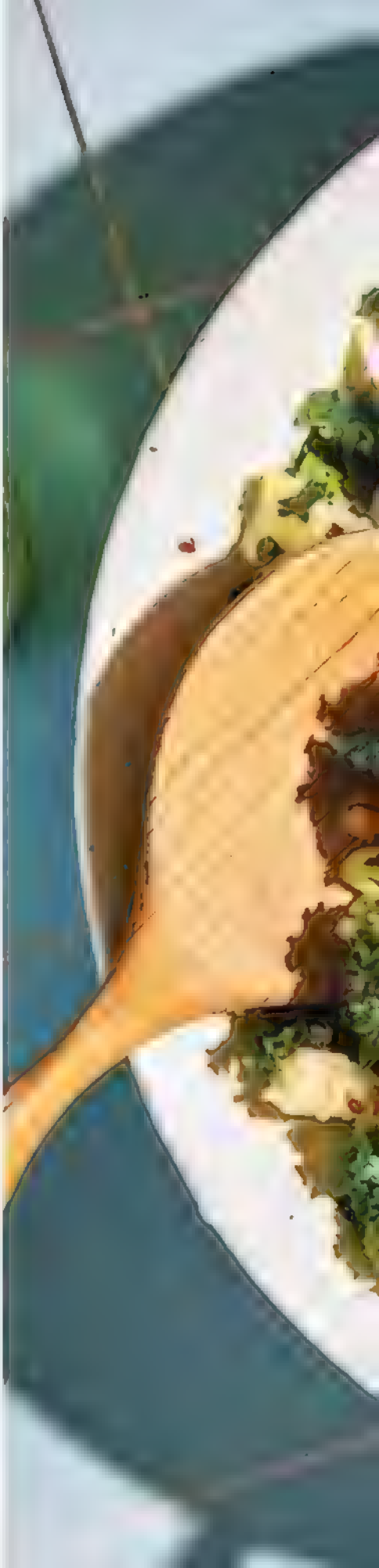
- 3 tablespoons cider vinegar
- 2 teaspoons honey
- 1½ teaspoons Dijon mustard
- 1 teaspoon garlic powder
- ½ teaspoon salt
- 5 tablespoons extra-virgin olive oil
- 5 cups broccoli florets, cut into 1-inch pieces (12 ounces)
- 1 large shallot, chopped (about ⅓ cup)
- 1 medium Honeycrisp apple, scrubbed, thinly sliced and halved crosswise (about 2 cups)
- ½ cup shredded extra-sharp Cheddar cheese (2 ounces)
- 2 tablespoons salted roasted sunflower seeds

1. Whisk vinegar, honey, mustard, garlic powder and salt in a large bowl. Gradually whisk in oil, in a slow, steady stream until the mixture is emulsified.
2. Add broccoli and shallot to the dressing and toss to coat. Cover and refrigerate until the flavors meld, at least 30 minutes (and up to 3 days).
3. Just before serving, add apple slices, Cheddar and sunflower seeds; toss to combine.

SERVINGS 6 **SERVING SIZE** ABOUT 1 CUP **CALORIES** 201 **CARBOHYDRATES** 14G **DIETARY FIBER** 3G **TOTAL SUGARS** 8G **ADDED SUGARS** 2G **PROTEIN** 5G **TOTAL FAT** 15G **SATURATED FAT** 3G **SODIUM** 304MG

15-MINUTE WONDERS

These mouthwatering salads come together in just 15 minutes, start to finish.



Kale, Quinoa & Apple Salad

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

Fresh apples bring crisp, sweet flavor, and the kale breaks down when it's massaged with the dressing. Nuts, fennel and quinoa add more layers of texture, while blue cheese lends a savory note.

- 2 tablespoons cider vinegar
- 1 tablespoon pure maple syrup
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ cup extra-virgin olive oil
- 1 large bunch curly kale, stemmed and thinly sliced (about 8 cups)
- 2 medium Honeycrisp or Gala apples, unpeeled, roughly chopped
- 1 medium fennel bulb, cored and thinly sliced (3 cups)
- 2 cups cooked quinoa, at room temperature or chilled
- ½ cup slivered almonds, toasted
- ⅓ cup dried cherries
- ¼ cup crumbled blue cheese

1. Whisk vinegar, maple syrup, salt and pepper together in a large bowl. Slowly drizzle in oil, whisking until combined. Add kale and massage into the dressing with clean hands until well coated and slightly tender, 3 to 5 minutes. **2.** Add apples, fennel and quinoa; toss until combined. Divide among 4 plates and top with almonds, cherries and blue cheese.

SERVINGS 4 **SERVING SIZE** 2½ CUPS
CALORIES 499 **CARBOHYDRATES** 54G
DIETARY FIBER 10G **TOTAL SUGARS** 23G
ADDED SUGARS 3G **PROTEIN** 13G
TOTAL FAT 27G **SATURATED FAT** 5G
SODIUM 504MG

White Bean & Spinach Caprese Salad

ACTIVE TIME: 10 min
TOTAL TIME: 10 min

This easy caprese features the classic combination of juicy tomatoes, creamy mozzarella, fragrant basil and tangy balsamic vinegar but adds tender white beans and fresh baby spinach to the mix. If you can't find mozzarella pearls, cut or tear a fresh ball of mozzarella into bite-size pieces instead. If you like your salad with a little kick, try swapping out the spinach for arugula. Or use spring mix for a more mild flavor.

- 3 tablespoons balsamic vinegar
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons Dijon mustard
- ¼ teaspoon salt
- ⅛ teaspoon ground pepper
- 1 (5 ounce) package baby spinach
- 1 (15 ounce) can no-salt-added white beans, rinsed
- 1 (10-ounce) container cherry tomatoes, halved
- 1 cup mozzarella pearls
- ⅓ cup chopped fresh basil, plus more for garnish

Whisk vinegar, oil, mustard, salt and pepper together in a large bowl. Add spinach, beans, tomatoes, mozzarella and basil; toss to combine. Garnish with more fresh basil, if desired.

SERVINGS 4 **SERVING SIZE** 2 CUPS
CALORIES 273 **CARBOHYDRATES** 27G **DIETARY FIBER** 7G **TOTAL SUGARS** 4G **PROTEIN** 15G **TOTAL FAT** 13G **SATURATED FAT** 4G **SODIUM** 389MG

Chopped Salad with Chicken & Creamy Chipotle Dressing

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

This chopped salad is smoky and zesty, thanks to the creamy chipotle dressing. Cilantro adds a pop of freshness to each bite.

- 2 canned chipotle chiles in adobo sauce
- ⅓ cup mayonnaise
- ¼ cup whole-milk plain strained yogurt, such as Greek or skyr
- ¼ cup lime juice
- 1 clove garlic, chopped
- ½ teaspoon ground pepper
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- 1 (15 ounce) can no-salt-added black beans, rinsed
- 10 cups chopped romaine lettuce
- 1 medium red bell pepper, chopped
- 2 small ears corn, husked, kernels cut from cobs
- ½ cup chopped red onion
- ½ cup chopped fresh cilantro
- 3 cups shredded cooked chicken
- 2 medium avocados, chopped

1. Combine chipotles, mayonnaise, yogurt, lime juice, garlic, pepper, cumin and salt in a blender; process until smooth, about 30 seconds

2. Place black beans, lettuce, bell pepper, corn, onion and cilantro in a large bowl; drizzle with the dressing and toss to coat. Divide among 6 bowls and top evenly with chicken and avocado.

SERVINGS 6 **SERVING SIZE** 2½ CUPS
CALORIES 424 **CARBOHYDRATES** 26G
DIETARY FIBER 11G **TOTAL SUGARS** 5G
PROTEIN 30G **TOTAL FAT** 23G **SATURATED FAT** 4G **SODIUM** 278MG

Kale & Strawberry Salad

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

Apple-cider vinegar and mustard flavor the dressing, and fresh strawberries offer a touch of sweetness. Creamy herbed goat cheese completes this quick, healthy salad that's perfect for lunch or dinner.

- **8 cups chopped lacinato kale**
- **5 tablespoons extra-virgin olive oil, divided**
- **½ teaspoon salt, divided**
- **1 tablespoon cider vinegar**
- **1 teaspoon Dijon mustard**
- **¼ teaspoon ground pepper**
- **1½ cups hulled and halved fresh strawberries**
- **2 ounces garlic-and-herb goat cheese, crumbled**
- **⅓ cup chopped toasted walnuts**

1. Combine kale, 2 tablespoons oil and ¼ teaspoon salt in a large bowl. Using your hands, massage the kale until well coated, about 1 minute.

2. Whisk vinegar, mustard, pepper and the remaining ¼ teaspoon salt in a small bowl. Whisking constantly, slowly drizzle in the remaining 3 tablespoons oil.
3. Add the strawberries, goat cheese and walnuts to the kale; drizzle the dressing over the salad and gently toss to combine.

SERVINGS 4 **SERVING SIZE** 1⅓ CUPS
CALORIES 301 **CARBOHYDRATES** 9G
DIETARY FIBER 3G **TOTAL SUGARS** 4G
PROTEIN 6G **TOTAL FAT** 28G **SATURATED FAT** 6G **SODIUM** 411MG

Chickpea, Beet & Quinoa Salad

ACTIVE TIME: 10 min
TOTAL TIME: 10 min

With a bright lemony-garlic dressing, this salad is the perfect side to accompany grilled chicken or roasted salmon. Look for precooked beets in the produce section of the grocery store. Leftover quinoa is perfect here, but you could also use microwaveable to save on time

- 3 tablespoons extra-virgin olive oil
- 2½ tablespoons lemon juice
- 1 medium clove garlic, grated
- 1 teaspoon Italian seasoning
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 2 cups diced cooked beets (about 8 ounces)
- 1 (15 ounce) can no-salt-added chickpeas, rinsed
- 1½ cups cooked quinoa
- 1 cup coarsely chopped arugula or romaine lettuce
- 1 large stalk celery, diced
- 2 scallions, thinly sliced

Whisk oil, lemon juice, garlic, Italian seasoning, salt and pepper together in a large bowl. Add beets, chickpeas, quinoa, arugula (or romaine), celery and scallions, toss to coat.

SERVINGS 8 **SERVING SIZE** ¾ CUP
CALORIES 155 **CARBOHYDRATES** 20G
DIETARY FIBER 4G **TOTAL SUGARS** 4G
PROTEIN 5G **TOTAL FAT** 7G **SATURATED FAT** 1G **SODIUM** 166MG

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White Bean & Cherry Tomato Salad

ACTIVE TIME: 5 min
TOTAL TIME: 5 min

This three-ingredient lunch takes a packaged salad kit to the next level with the addition of two pantry staples: cherry tomatoes and white beans. The Mediterranean flavor profile works well here, but another mix would be just as simple and satisfying.

- 1 Mediterranean salad kit
- 1 (15 ounce) can no-salt-added white beans, rinsed
- 1 pint cherry tomatoes, halved if desired

Combine salad kit contents, white beans and tomatoes in a large bowl; toss to combine.

SERVINGS 2 **SERVING SIZE** 3 CUPS
CALORIES 387 **CARBOHYDRATES** 49G
DIETARY FIBER 12G **TOTAL SUGARS** 14G **ADDED SUGARS** 8G **PROTEIN** 13G
TOTAL FAT 15G **SATURATED FAT** 2G
SODIUM 563MG

Spinach Salad with Quinoa, Chicken & Fresh Berries

ACTIVE TIME: 10 min.
TOTAL TIME: 10 min.

If you're packing this grain bowl for work, combine the dressing ingredients in a small container. When you're ready to eat, shake the dressing well, add it to the salad and toss. If you don't have time to make a homemade dressing, use 3 tablespoons of store-bought olive oil vinaigrette. Keep prep time short by using rotisserie chicken (or leftover chicken) and a pouch of microwaveable quinoa.

- **3 cups fresh baby spinach or mixed greens**
- **1 cup cooked quinoa**
- **⅔ cup chopped cooked chicken breast**
- **½ cup fresh blueberries or sliced fresh strawberries**
- **½ ounce crumbled feta cheese (2 tablespoons)**
- **2 tablespoons sliced almonds, toasted**
- **2 tablespoons extra-virgin olive oil**
- **1 tablespoon white wine vinegar**
- **¼ teaspoon Dijon mustard**
- **½ teaspoon honey**
- **½ teaspoon kosher salt**

1. Place spinach, quinoa, and chicken in 2 (1 quart) airtight containers. Top each with berries, cheese and almonds. Cover and chill until ready to serve.
2. Just before serving, whisk together oil, vinegar, mustard, honey and salt in a small bowl. Divide dressing evenly between the salads and toss to coat; serve immediately.

SERVINGS 2 **SERVING SIZE** 1⅓ CUPS SPINACH, ¾ CUP QUINOA, ⅓ CUP CHICKEN, ¼ CUP BERRIES, 1 TBSP CHEESE AND 1 TBSP ALMONDS **CALORIES** 410 **CARBOHYDRATES** 31G **DIETARY FIBER** 6G **TOTAL SUGARS** 6G **ADDED SUGARS** 1G **PROTEIN** 23G **TOTAL FAT** 22G **SATURATED FAT** 4G **SODIUM** 860MG

Strawberry & Kale Salad with Burrata

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

This is a delicious, nutrient-packed dish that offers a host of anti-inflammatory benefits. The base of tender lacinato kale is rich in antioxidants, while sweet, juicy strawberries provide a healthy dose of vitamin C and anthocyanins, known for their powerful anti-inflammatory properties. Creamy burrata balances the earthy greens perfectly. It's great as a side dish, or make it a meal by topping it with grilled chicken or cooked whole grains.

- **2 cups fresh strawberries (from 1 quart), hulled**
- **3 tablespoons white balsamic vinegar**
- **1 tablespoon honey**
- **½ teaspoon salt**
- **¼ teaspoon coarsely ground black pepper, plus more for garnish**
- **¼ cup extra-virgin olive oil**
- **1 pound lacinato kale, stemmed and chopped (about 8 cups)**
- **½ cup thinly sliced red onion**
- **1 (4 ounce) ball burrata cheese, torn into ½-inch pieces**
- **¼ cup toasted chopped walnuts**

1. Chop about 3 strawberries to equal ⅓ cup. Quarter the remaining strawberries and set aside. Process the chopped strawberries, vinegar, honey, salt and pepper in a mini food processor until smooth, about 30 seconds. Add the oil and pulse until combined, about 5 pulses.

2. Place kale and onion in a large bowl; drizzle with the dressing. Using clean hands, massage the mixture until the kale is well coated and slightly tender, about 2 minutes. Add the reserved quartered strawberries; toss to combine. Transfer to a large serving dish. Top with burrata and sprinkle with walnuts. Garnish with additional pepper, if desired.

SERVINGS 6 **SERVING SIZE** About 1½ cups **CALORIES** 258 **CARBOHYDRATES** 14G **DIETARY FIBER** 3G **TOTAL SUGARS** 9G **ADDED SUGARS** 3G **PROTEIN** 8G **TOTAL FAT** 20G **SATURATED FAT** 6G **SODIUM** 341MG

Pear, Gorgonzola & Walnut Salad

ACTIVE TIME: 10 min
TOTAL TIME: 10 min

The light and refreshing vinaigrette on this pretty salad offsets the tangy funk of the Gorgonzola and the sweetness of the raisins and pears.

- 2 tablespoons olive oil
- 2 tablespoons fresh lemon juice (from 1 lemon)
- 2 teaspoons honey
- 1 teaspoon chopped fresh thyme
- 1 teaspoon Dijon mustard
- ½ teaspoon black pepper
- ¼ teaspoon kosher salt
- 4 cups mixed baby lettuces
- 1 medium ripe Bosc pear, thinly sliced
- ¼ cup crumbled Gorgonzola cheese
- ¼ cup toasted walnuts, coarsely chopped
- ¼ cup golden raisins

Whisk together oil, lemon juice, honey, thyme, mustard, pepper and salt in a large bowl. Add lettuce and gently toss to combine. Top with pear slices, Gorgonzola, wa nuts and raisins. Serve immediately

SERVINGS 4 **SERVING SIZE** ABOUT 1½ CUPS **CALORIES** 207 **CARBOHYDRATES** 21G **DIETARY FIBER** 4G **TOTAL SUGARS** 13G **ADDED SUGARS** 3G **PROTEIN** 4G **TOTAL FAT** 14G **SATURATED FAT** 3G **SODIUM** 282MG

Cucumber-Blueberry Spinach Salad

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

This salad offers the perfect balance of sweet and tart flavors, complemented by refreshing cucumber slices and creamy goat cheese. Champagne vinegar adds a mild, delicate touch that pairs beautifully with the fruit. You can use white-wine vinegar instead; simply reduce the amount by a teaspoon to maintain the balance of flavors, as it has a sharper taste.

- 1¼ cups fresh blueberries, divided
- 3 tablespoons champagne vinegar
- 1½ tablespoons honey
- ¼ teaspoon salt
- ¼ cup plus 2 tablespoons extra-virgin olive oil
- 1 (5 ounce) package baby spinach
- 1 cup thinly sliced unpeeled English cucumber
- ½ cup crumbled goat cheese, divided
- ⅓ cup slivered almonds, toasted

1. Combine ¾ cup blueberries, vinegar, honey and salt in a food processor; process until fully combined, about 15 seconds. With the processor running, slowly pour oil through the chute until the dressing is emulsified, about 30 seconds.

2. Place spinach, cucumber and the remaining ½ cup blueberries in a large bowl. Drizzle with the dressing; toss until well coated. Transfer to a serving dish; top with goat cheese and almonds.

SERVINGS 6 **SERVING SIZE** ABOUT 1 CUP
CALORIES 244 **CARBOHYDRATES** 11G
DIETARY FIBER 2G **TOTAL SUGARS** 8G
ADDED SUGARS 4G **PROTEIN** 6G
TOTAL FAT 21G **SATURATED FAT** 5G
SODIUM 241MG

Red Cabbage & Pomegranate Salad

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

Honey helps balance the cruciferous cabbage in this fresh and crunchy slaw recipe. The colors in this salad are enough to brighten your spirits. Research shows that simply looking at purple plants can fire up neurons that help us relax, so take a moment to appreciate this beautiful salad before you dig in.

- 1 tablespoon rice vinegar
- 2 teaspoons lemon juice
- 1 teaspoon honey
- 1 teaspoon ground cumin
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 2½ tablespoons extra-virgin olive oil
- 4 cups finely shredded red cabbage
- 1½ cups julienned carrots
- ½ cup chopped fresh cilantro
- ¼ cup pomegranate seeds
- 3 tablespoons toasted sliced almonds

Whisk vinegar, lemon juice, honey, cumin, salt and pepper in a large bowl. Slowly whisk in oil until well combined. Add cabbage and carrots and toss to coat. Serve topped with cilantro, pomegranate seeds and almonds.

SERVINGS 4 **SERVING SIZE** 1 CUP
CALORIES 162 **CARBOHYDRATES** 15G
DIETARY FIBER 4G **TOTAL SUGARS** 8G
ADDED SUGARS 1G **PROTEIN** 3G
TOTAL FAT 11G **SATURATED FAT** 1G
SODIUM 343MG

How I DIY a Salad Bar

They're not just for restuarants. You too can easily create your own at home.

BY CAROLYN MALCOUN
Reviewed by dietitian Karen Ansel, M.S., RDN

A few years ago, *EatingWell* interviewed actor and chef David Burtka. When we interview celebrities, we usually ask, "What's always in your fridge?" Burtka's answer was so different from the usual response of favorite condiments or drinks. He said, "A salad bar."

What a good idea, I thought. My husband and I sat down and discussed the types of ingredients we wanted to have on hand for making salads. If I was going to spend precious time over the weekend on this project, I wanted to make sure we'd eat the fruits of my labor! I got to work.

I was surprised to discover that it didn't take as long as I anticipated to do the prep work—30 minutes to an hour if I feel really creative. Here are the five categories I prep or buy each week to make eating more vegetables much easier.

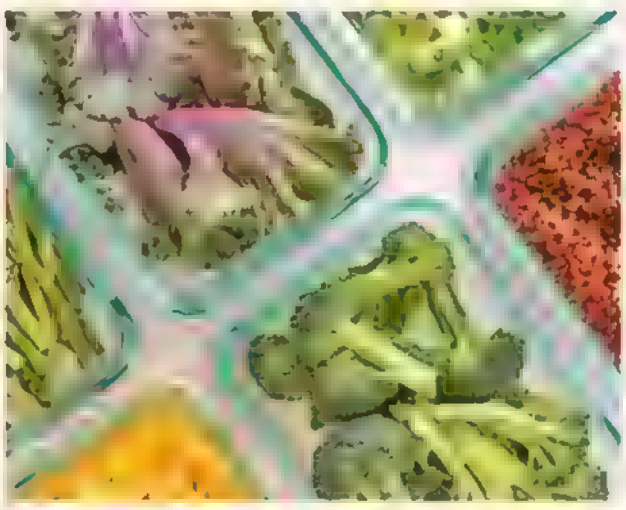
The Lettuce
Any good salad starts with a base of leafy greens. I'm not always the biggest fan of the mixed salad greens that most grocery stores stock, but a few local farms sell mixes that I find last longer, so I have started buying those if I'm short on time. Otherwise, I buy two heads of lettuce (often red leaf and romaine), along with a head of radicchio for color and crunch, and wash and dry them at home. Rather than tearing the leaves into bite-size pieces, I separate them, which I have found makes them last longer. Then I put them all into a sealable bag along with a couple of paper towels to wick away any excess moisture.

The Veggies
This category can vary a bit more week to week, but there are two things always I prep: shredded veggies and red cabbage. First, I get out my food processor and shred carrots, radishes and beets. This combo adds color to our salads, plus anti-inflammatory nutrients such as beta carotene (carrots), betalains (beets) and isothiocyanate (radishes). Then I thinly slice a bowl of red cabbage, which is rich in anti-inflammatory phytochemicals called anthocyanins.

The Protein
Adding protein to our lunch salads makes them more satisfying, so we're less likely to be hangry by the time dinner comes around. If I'm poaching or grilling chicken or cooking ground meat for lettuce wraps or tacos, I make more so we can add those to our salads. Beans are also a go-to source of plant-based protein. I keep canned lentils, black beans and chickpeas on hand, as well as crunchy seasoned chickpeas.

The Extras
While croutons are an obvious choice, the sky's the limit. Sometimes I make my salad for lunch the next day while I'm cleaning up after dinner, and when I do, I divert leftover bits I wouldn't normally save (think: a scoop of roasted cauliflower, a spoonful of rice) into my salad. If I want something really bright and fresh, I'll top a salad with some diced avocado and segments of clementines or mandarins.

The Dressing
A good salad dressing not only adds more flavor to your bowl, but the fat in it also helps your body absorb certain nutrients, such as the lycopene in tomatoes and vitamin A in carrots. I like to have two salad dressing options on hand to keep things from getting monotonous, and I usually have at least one bottle of a favorite store-bought dressing in the fridge.



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Salads!

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		CALORIES	FIBER (G)	SODIUM (MG)	CARBS (G)	PROTEIN (G)	FAT/SAT FAT (G)	VEGETARIAN	VEGAN	GLUTEN FREE
HIGH-FIBER FAVORITES										
22	Kale & Shaved Brussels Sprouts Salad	237	7	296	21	7	16/3	■		
24	Roasted Butternut Squash Salad	310	7	346	39	5	17/3	■		■
25	Cabbage Crunch Salad with Cider Vinaigrette	351	6	520	21	11	27/8	■		■
26	Chopped Salad with Italian Vinaigrette	231	7	288	25	8	12/2	■	■	■
27	Arugula, Beet & Feta Salad	172	3	189	14	4	12/3	■		■
28	Loaded Chopped Taco Salad Bowl	580	17	709	65	23	28/8	■		■
29	Chickpea Tuna Salad	326	6	512	22	19	20/5			■
30	Greek Revival Salad	107	4	538	9	4	7/2	■		■
32	Crispy Chickpea Salad with Tahini Dressing	315	7	569	28	12	18/4	■		■
33	Caesar Salad with Crispy Artichokes	330	4	456	19	7	25/4	■		
34	Salmon Salad with Crispy White Beans	627	9	658	33	34	38/6			
35	Brussels Sprouts, Kale & Pear Salad	230	5	396	25	6	13/3	■		■
36	Orange-Mint Freekeh Salad with Lima Beans	389	11	339	55	12	15/2	■	■	
37	Easy Bean Salad with Herby Salsa Verde	278	12	416	42	14	7/1	■	■	■
PROTEIN POWERHOUSES										
40	Cobb Salad with Herb-Rubbed Chicken	412	6	470	11	23	32/7			■
42	Farro & White Bean Salad	506	11	723	62	18	22/4	■		
43	Garlicky Grilled Steak & Kale Salad	470	4	695	14	30	32/8			
44	Arugula, Chicken & Melon Salad with Sumac Dressing	453	3	489	15	33	29/7			■
45	High-Protein Cheeseburger Salad	552	6	774	31	36	33/10			■
46	Sesame Kohlrabi & Chicken Salad	432	7	744	20	39	22/3			■
47	Salmon & Avocado Salad	508	7	438	13	35	36/5			■
48	Arugula Salad with Pork Tenderloin, Pears & Blue Cheese	352	5	692	25	27	16/4			■
49	Shrimp & Avocado Salad	367	9	480	17	21	25/4			■
50	Chicken Fajita Salad	545	16	533	34	41	30/9			■
51	Soy-Lime Beef & Cabbage Salad	239	3	555	17	19	10/3			
52	Composed Salad with Pickled Beets & Smoked Tofu	268	5	418	22	19	12/4	■		■
53	Green Goddess Salad with Chickpeas	203	8	329	25	10	8/3	■		■
54	Tuna Niçoise Salad	356	3	640	19	20	23/3			■

		CALORIES	FIBER (G)	SODIUM (MG)	CARBS (G)	PROTEIN (G)	FAT/SAT FAT (G)	VEGETARIAN	VEGAN	GLUTEN FREE
	MAKE AND TAKE									
56	Spinach & Artichoke Salad with Parmesan Vinaigrette	324	4	561	12	16	24/5	■		■
58	Make-Ahead Cabbage Salad	785	16	797	69	21	51/10	■		
59	Sweet Potato, Kale & Chicken Salad with Peanut Dressing	393	6	566	32	30	15/3			■
60	Mason Jar Salad	373	7	721	23	26	20/5	■		■
	CHEF ORIGINALS									
63	Strawberry & Bean Sprout Salad with Spiced Potatoes	167	4	367	23	4	8/1	■	■	■
64	Collard Green Salad with Peanut Vinaigrette	565	10	750	26	18	46/8			■
65	Steak, White Kimchi & Forbidden Rice Salad	495	10	582	36	20	32/5			■
66	Steak Salad with Charred Onion Vinaigrette	381	5	594	15	33	21/5			■
67	Kale, Pear & Feta Salad	308	8	447	23	12	21/5	■		■
68	Summer Greens Salad with Tomato Vinaigrette	249	4	292	18	4	20/2			
69	Asparagus Salad with Smoked Salmon	375	4	717	12	14	31/5			■
	ON THE SIDE									
72	Grilled Eggplant Salad	191	6	306	14	3	15/2	■	■	■
74	Mango & Avocado Salad	209	6	357	26	2	13/2	■		■
75	Spicy Cucumber Salad with Chili Oil	69	3	133	6	1	5/1	■	■	
76	Roasted Cauliflower Salad with Lemon-Garlic Vinaigrette	128	1	252	6	3	11/3	■		■
77	High-Protein Creamy Cucumber Salad	88	2	298	12	9	1/0	■		■
78	Carrot-Cucumber Salad	57	1	157	6	1	4/1	■	■	■
79	Broccoli-Apple Crunch Salad	201	3	304	14	5	15/3	■		■
	15-MINUTE WONDERS									
80	Kale, Quinoa & Apple Salad	499	10	504	54	13	27/5	■		■
82	White Bean & Spinach Caprese Salad	273	7	389	27	15	13/4	■		■
83	Chopped Salad with Chicken & Creamy Chipotle Dressing	424	11	278	26	30	23/4			■
84	Kale & Strawberry Salad	301	3	411	9	6	28/6	■		■
85	Chickpea, Beet & Quinoa Salad	155	4	166	20	5	7/1	■	■	■
86	White Bean & Cherry Tomato Salad	387	12	563	49	13	15/2	■	■	■
87	Spinach Salad with Quinoa, Chicken & Fresh Berries	410	6	860	31	23	22/4			■
88	Strawberry & Kale Salad with Burrata	258	3	341	14	8	20/6	■		■
89	Pear, Gorgonzola & Walnut Salad	207	4	282	21	4	14/3	■		■
90	Cucumber-Blueberry Spinach Salad	244	2	241	11	6	21/5	■		■
91	Red Cabbage & Pomegranate Salad	162	4	343	15	3	11/1	■		■

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Pickled Perfection

The perfect salad topper to help every bite pop.

BY CAROLYN MALCOUN

I really, truly love salad. My family eats hearty salads for dinner at least once a week, and more frequently in the summer. It's also my go-to lunchtime meal. One thing I started doing was making clean-up-after-dinner salads that I bring to work for lunch. What that means is this: I put salad greens into a container, then add leftovers from dinner as I put things away. Not only is it a great way to use up bits that I wouldn't typically save, but it also makes for some pretty interesting salad combinations. And one of my favorite salad toppers came out of this process: pickled vegetables.

I was cleaning up after taco night, so making taco salad was the obvious move. I scooped some leftover seasoned ground turkey on top of the greens (at this point, it was cold, so it wouldn't wilt the lettuce), along with a spoonful of beans. The leftover shredded cheese went in there too. Then I looked at the pickled onions. I took them out of the brine with a fork and set them on a paper towel to drain before adding them to the container. (This step is key, as the salty brine can wilt the greens.)

The next day, I dug into my taco salad and knew I had made the right choice. Every bite was packed with flavor, and those pickled onions gave my salad extra zing.

I make pickled onions every week or two, usually when we have tacos or falafel for dinner. So why hadn't I been doing this for every salad? It's not like I hadn't had pepperoncini in salads before—or olives, for that matter.

I find that the pickled onions go with just about everything, and I love adding spicy pepperoncini to a salad with chopped fresh mozzarella and salami or pepperoni. I also regularly buy ginger-lime pickled carrots, which I throw over a salad with leftover steak or chicken, chopped cabbage, lettuce, cucumbers and tomatoes.

It's been a revelation! No matter which pickled vegetable I reach for, I know my salad will never be sad again.

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Soy-Lime Beef & Cabbage Salad
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Fresh and Flavorful

What's not to love about a great salad? When you top crisp greens with filling protein, crunchy toppings and a zesty dressing, it creates a meal that's full of flavor and nutrition. Balanced meals like these can help reduce inflammation and support overall health.

Mason Jar Salad
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Chickpea Tuna Salad
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